

IMPLEMENTATION OF NUDGES AT A FOOD PANTRY IN ANCHORAGE, ALASKA

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## ABSTRACT

Food pantry clients experience many health disparities, including elevated incidence of diabetes, heart disease, and other nutrition-related conditions. Nutrition education interventions in the form of a nudge can be an effective method to increase nutrition knowledge and to positively influence nutrition-related behaviors and attitudes surrounding healthful eating. Attitudes refer to the emotions, or beliefs towards something, whereas behaviors are the actions taken. The goal of this project was to develop a nutrition intervention in the form of a nudge to increase the selection of nutritious foods by pantry clients. Objectives included creating a guidebook for the pantry to utilize when implementing the nutrition education materials that were developed in this project. The nutrition education materials include nudges, extended nudges, client handouts, and recipe cards. This intervention will be implemented at the St. Francis House Food Pantry, which is a part of Catholic Social Services in Anchorage, Alaska. This food pantry serves a broad demographic of clients on a monthly basis, in a client-choice distribution model. The intervention includes nudges, extended nudges, client handouts, recipe cards, and a guide binder. These will be reusable so the pantry can utilize the materials repeatedly in the future. There is limited existing research on implementing nudges in the food pantry setting. Therefore, in order to determine the efficacy of implementing a nudge intervention in Anchorage, Alaska food pantries further research is needed.

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## INTRODUCTION

### *Background and Significance*

Food pantry clients face unique difficulties in acquiring, selecting, and preparing high nutritional value foods for themselves and their families.<sup>1</sup> This has implications for food security as well as the health and nutritional status of those whom food pantries serve. The goal of this research project is to develop a program to increase the diet quality of foods that pantry clients select by implementing a nutrition intervention known as a nudge.

The St. Francis House (SFH) food pantry, operated by Catholic Social Services in Anchorage, Alaska, serves 4,000 low-income clients and each client's household every month. The pantry's goal is to provide an emergency three-day food supply for clients and their families each month. SFH follows the client-choice model that allows clients to "shop" for donated foods, meaning that clients can select their choice of food from the shelves.<sup>2</sup> The pantry shelves are categorized into various groupings (breakfast shelf, dessert, canned vegetables, etc.), and clients are allowed to select their desired food choices from each grouping. The quantity of foods that a client can select from each shelf is determined by the household size of the client. According to previous research at the pantry, while the goal is to provide a three-day supply, each client and each member of their family receive approximately 5.5 days' worth of food from the pantry during each shopping experience.<sup>1</sup>

Feeding America describes a nudge as anything that creates "a subtle environmental change in a food distribution setting, designed to make a healthy choice the easy choice".<sup>3</sup> Feeding America states that a healthy choice includes fruits, vegetables, whole grains, low-fat

dairy, and lean proteins. Implementing a nudge can have a positive influence on the pantry client's food selection towards a healthier alternative.<sup>4</sup>

Previous research with SFH analyzed the nutrient quality of the foods provided by the food pantry, which included the nutrients found on food labels such as total fat, calcium, several vitamins, fiber, total carbohydrate, protein, cholesterol, sodium, iron, saturated and trans-fat.<sup>1</sup> Results from this work revealed that food pantry clients chose significantly fewer nutritious foods when compared to the ideal shoppers (individuals who were trained in nutrition and chose the healthiest foods available).<sup>1</sup> This indicates that nutritious options are available at the pantry, but clients aren't always choosing these options. These findings led the direction of this current project, which was also driven by the interest of the SFH food pantry in exploring a nutrition intervention that could increase clients' selection of nutritious foods.

Nutrition education interventions can be effective methods to increase nutrition knowledge and to positively influence nutrition-related behaviors and attitudes surrounding healthful eating.<sup>4</sup> Subtle indirect suggestions and behavioral cues in the form of nudges can be non-invasive, effective methods of delivering nutrition education to food pantry clients while they are making food selections at the pantry.<sup>6,7</sup> There are several types of nudges that can be utilized to encourage the selection of healthier foods, but the types of nudges that will be most practical for usage at the SFH food pantry are the priming nudge and salience nudge as evidenced by the Feeding America Nutrition Nudge Research study, conducted by Cornell University and the Feeding America Community Health and Nutrition Team.<sup>7</sup> Priming nudges are subconscious cues that can be either physical, verbal, or sensational and are able to nudge toward a specific choice.<sup>7</sup> Salience nudges are vivid examples and explanations that are utilized

in order to bring attention to a specific choice, such as vivid text on a label.<sup>8</sup> These are a good fit for the SFH food pantry because they are inexpensive, have been tested in a food pantry setting, and can be utilized for the variety of food that the pantry offers. The Feeding America study found that a nudge intervention was shown to increase the selection of the nudged product by 46% on average.<sup>7</sup> The signage and priming nudges were the most effective of the nudge interventions, and increased the selection of a nudged item up to 100%.<sup>7</sup> These are significant results and simple interventions that can be applied to the SFH food pantry.

A systematic review of interventions involving nudges found that implementing nudges resulted in a 15.3% increase in healthier food choices on average.<sup>4</sup> Healthier foods were defined as, “more nutrient dense, lower calorie, lower salt, lower sugar, lower cholesterol, or lower fat”. The authors looked at pantry foods that also align with the healthy guidelines set for the St. Francis House food pantry. Utilizing this strategy at SFH may have similar results related to increasing healthier food selection, however, the systematic review recommends that more research is needed to be certain of the positive impacts of nudges.<sup>4</sup> Similarly, a survey-based study conducted in three different Utah food pantries found that 94% of food pantry clients reported that a nudge helped them to make more nutritious food selections.<sup>9</sup> There are limited studies that examine the impact of behavioral cues, like the nudge, on improving food selection in low-income Americans and other diverse populations.<sup>10</sup> This is important to the SFH food pantry, as the pantry has a very diverse client demographic. The SFH food pantry has a large Korean and Hispanic population, among others, so it is important to consider research on implementing nudges on diverse populations.

The US Department of Health and Human Services and United States Department of Agriculture developed a tool to identify whether people are meeting the recommended Dietary Guidelines for Americans, called the Healthy Eating Index (HEI). The index is scored on a scale of 0-100, with a score of 100 indicating full compliance with the Dietary Guidelines for Americans, 2015-2020.<sup>11</sup> Walch et al. (2018) determined that the average basket of food selected by clients from the SFH food pantry had an HEI score of 73, with low quantities of fruits, vegetables, and whole grain foods.<sup>1</sup> The nutrient quality of foods selected by clients was also compared to the healthiest available options at the pantry. The results showed that, on average, food pantry clients selected foods that were significantly lower in certain nutrients compared to the ideal options that were available.<sup>1</sup> As such, the SFH food pantry is interested in an effective and inexpensive nutrition intervention that targets specific nutrients to aid in the betterment of food choices and the health of their clients.

#### *Research Purpose, Goals and Objectives*

The goal of this project was to develop a nutrition intervention in the form of a nudge to increase the selection of nutritious foods by pantry clients, utilizing Feeding America's specific guidelines of "Foods to Encourage," which will guide the foods selected. Objectives included creating a guidebook for the pantry to utilize when implementing the nutrition education materials that were developed in this project. The nutrition education materials include nudges, extended nudges, client handouts, and recipe cards.



## LITERATURE REVIEW

This literature review included searches of the Cochrane Database, Google Scholar, and PubMed. Search criteria included peer-reviewed papers that were published within the last 10 years. Search terms included “food pantry,” “food bank,” and “nudge.”

### *Nudges in Public Health*

Several articles discuss obesity and dietary nudges in a general sense, non-specific to a food pantry setting. Research in this area has revealed many interesting findings. For example, restricting sugary sodas or sweets may not necessarily be the right answer, as it takes away the autonomy from the individual. Instead, a nudge can help maintain autonomy and give the consumer the choice of a healthier option by providing information or guidance towards more nutritious selections.<sup>12</sup> This is important to take into consideration when developing nutrition interventions in the food pantry setting since the SFH food pantry is organized into a client-choice model which allows autonomy in food selections. A systematic review completed by Ledderer L et al. (2020) examined public health lifestyle interventions, including nudges in the field of dietetics and nutrition.<sup>13</sup> Most nudge interventions involved diet and/or nutrition, and the majority of these interventions (64%) succeed at nudging individuals towards more nutritious options.<sup>13</sup>

### *Food Pantry Clients and the Healthy Eating Index (HEI)*

Food pantry clients scored up to 20 points lower than the average American on their HEI score, indicating that the foods pantry clients consume are less nutritious than non-food pantry clients.<sup>14</sup> In addition, chronic health conditions and diseases are much more common among food pantry clients as compared to the average American.<sup>15</sup> This is especially worrisome given that food pantry clients also experience greater burden of chronic disease as compared to non-

food pantry users.<sup>15</sup> Some of the most frequent disease states can be related to nutrition include heart disease, diabetes, obesity, hypertension, and cholesterol; therefore, implementing a nudge intervention to improve HEI may also lead to decreased risk of chronic disease in food pantry clients. Overall, there is minimal evidence available in the literature investigating the impact of nudge implementation in food pantries on HEI score, especially considering that approximately 4.4% of the United States population utilizes food pantries.<sup>14,15</sup> Behavioral economic interventions have been shown to increase the Healthy Eating Index scores at pantries.<sup>16</sup> One such intervention by Caspi C et al. (2019) examined the impacts of behavioral economics at four different pantries in Minnesota.<sup>16</sup> The pantries showed an increase in HEI score, whereas the control pantries showed a decrease in HEI scores over time. The intervention used signage as well as other behavioral economic techniques including rearranging the shelves in a more attractive fashion.<sup>16</sup> Notably, other research found that the ethnic makeup of the food pantry did not have a significant relationship with the Healthy Eating Index score after the intervention, and therefore nutritious options and interventions can likely be utilized among food pantries with varied demographics and cultures.<sup>17</sup>

### *Attitudes and Perceptions*

Research by Cooksey-Stowers K et al. (2018) surveyed food pantry clients to obtain information about their preferred nutrition intervention styles.<sup>18</sup> There were multiple options, including restricting unhealthy donations, introducing and using a smartphone app with data on nutrients, and labeling foods with a traffic light system (with red indicating foods and beverages to avoid and green indicating foods and beverages to choose), conducting cooking demonstrations, placing signs that display the ten most healthy items at the pantry, labeling food on a scale from 0-3 to show nutrient level, serving samples of healthier food, having staff

provide nutrition information to clients, labeling approved foods for specific illnesses (like “diabetes friendly”), making healthy foods more noticeable on shelves, adding new refrigerators for fresh fruits and vegetables, and bringing more healthy items to the pantry. The highest ranked strategies by food pantry clients were bringing healthier items to the food pantry, adding more refrigeration for fresh fruits and vegetables, making healthy foods more noticeable on shelves, and labeling approved foods for people with diet-related illnesses. This study provides evidence that food pantry clients, like the ones sampled in this study, are receptive to nutrition interventions in the style of a nudge.<sup>18</sup>

The desires of food pantry clients and directors were examined in research by Cahill CR et al. (2018), to determine how to craft nutrition interventions with pantry clients.<sup>19</sup> The authors considered the intricacies of how to balance accepting donations and trying to provide the healthiest options for food pantry clients. They discussed how “some food is better than none” and how they do not want to alienate donors by refusing “unhealthy options.” The authors reported that that clients can often be hesitant to try new foods. They may not know what the food item is, how to prepare it, or what recipes to use with the food item and may therefore be less likely to select it from pantry shelves. One striking example given was when the food pantry received a donation of fresh carrots with the tops still attached, and clients were hesitant and unsure of what to do with carrots in this form. However, when the pantry director removed the carrot tops before display, the food pantry clients were much more receptive to selecting the carrots.<sup>19</sup>

Pantry directors and volunteers were also surveyed in a study that implemented nutrition rating systems in the food pantry setting.<sup>20</sup> Nutrition rating systems may be used effectively to

provide nutritional guidance in a client-choice food pantry setting. This study discussed utilizing a nudge in the form of “green” shelves signaling more nutritious foods. Pantry staff and volunteers were interested in the intervention, but there were some concerns about keeping the “green” shelves stocked with the healthier foods. It is important to involve food pantry directors and/or volunteers when implementing a nutrition intervention since they can provide valuable guidance for what may work best for their food pantry and clients. Joly BM et al. (2020) created a survey that was sent to 274 food pantry directors. The survey included 29 questions about practices, policy and food availability and resulted in a wide variety of answers.<sup>21</sup> The majority of the pantries surveyed were client-choice models, and the study concluded that food pantry directors acknowledge the need for nutrient-dense options for food pantry clients, and are willing to implement nutrition interventions.

There are many difficult challenges with implementing interventions in food pantries in the United States, such as dependence on donations and volunteers, limited resources to implement additional programs, language and cultural barriers, social stigma inhibiting pantry client participation, lack of food pantry staff training in delivering nutrition interventions, and more.<sup>22</sup> These challenges can make it very difficult to implement successful nutrition interventions in food pantries. The authors also discussed difficulties that food pantry clients may face that could potentially impact their willingness to select healthier options. These include food insecurity, malnutrition, limited cooking abilities or equipment, and more.<sup>22</sup> Although there are many challenges with interventions in the food pantry setting, nutrition education interventions can prove effective in improving diet outcomes in food pantry clients.<sup>22</sup>

Unsurprisingly, research by Aragon MC et al. (2018) found that food pantry clients value the client-choice shopping model.<sup>23</sup> This model is beneficial in many ways, as it can give food pantry clients some autonomy in selecting foods for themselves and their families, and it better allows for the implementation of a nudge intervention, . The authors also discuss the need for further research on the development, implementation, and evaluation of nutritional interventions such as nudges.<sup>23</sup>

### *Implementing Nudges in a Food Pantry Setting*

Prior studies demonstrate that nudges are an effective way of guiding food pantry clients towards healthier options, and can be a cost-effective, simple method for food pantries to implement. Not only are shelf signage nudges effective in the food pantry setting, but they can result in a healthier diet for food pantry clients and their families.<sup>9</sup> Often low-income individuals chronically rely on food pantries as a primary source of food as opposed to a supplemental source as they are intended, thus making it important that these individuals have access to healthy and nutritious options. Shelf signage was found to be effective since it provides clients with information in real time while shopping that helps them make nutritious choices. Nudge strategies can have a positive impact and result in healthier choices across different genders, age groups, and ethnicities.<sup>9</sup> Wilson NLW et al. (2017) demonstrates that nudges, when implemented in the setting of a food pantry, do increase the selection of targeted foods.<sup>24</sup> Therefore, low cost nudges may be utilized in the food pantry setting to implement an effective nutrition intervention.<sup>24</sup> The food environment can also influence the consumer's choice, and research by Byker SC (2017) discusses how food pantry environments should be curated to encourage food pantry clients to choose the most nutritious options.<sup>25</sup> The author found that providing information with signage influences the choice of the food pantry client.<sup>25</sup> These findings are

echoed in research by Grabow KN et al. (2020) that implemented a nudge in the form of signs that designated healthy options versus less healthy options.<sup>26</sup> The criteria used to determine the health parameters were created by two Registered Dietitians. Results indicated that promoting healthier options, such as using a nudge, may be an effective nutrition intervention in the food pantry setting.

Creativity in nudge materials and presentation can be successful in nudging participants towards healthier options. For example, research by Stein EC et al. (2019) found that providing ingredient bundles with recipes makes it more likely that the food pantry client will select a more nutritious option. Providing recipes may help guide food pantry clients towards more nutritious options.<sup>27</sup>

Another example of creativity is research by Frye A (2019) that utilized a nutrition intervention in the form of a nudge to encourage food pantry clients to select items that are “Most Diabetes and Health Friendly” while at their food pantry.<sup>28</sup> The “green” (indicating healthier options) shelves were at eye-level and outlined in green. They utilized a magnet with the words “Most Diabetes and Health Friendly” to indicate that the item is a good choice for health and diabetes care. The research utilized various recommendations from the American Diabetes Association, MyPlate Nutrition Guidelines, and a Registered Dietitian Nutritionist (RDN) to create guidelines for foods that would go on the “green” shelf with the nudge. The results demonstrated that 56% of participants surveyed liked having the green shelf sections and on the whole, clients tried to select more low-sodium or low-sugar options, whole grains, and fresh produce when able. The authors also reported that food pantry clients tried to read nutrition labels more as a result of this study.

Collectively, the literature shows very favorable outcomes for nudges when used in a food pantry setting. Although more research still needs to be done on a larger scale, and with various demographics, current results indicates that nudges can be simple, cost-effective methods to encourage food pantry clients towards more nutritious options.

## METHODS

The project was community-based and partnered with Catholic Social Services (CSS) and the St. Francis House (SFH) food pantry to address an identified need. CSS and SFH were interested in the development of a nutrition education and intervention program that would positively affect the program's beneficiaries by increasing the selection of nutritious foods. The project did not require participant involvement or ethics board approval.

The nutrition education and intervention began with the development of a "guide binder" for SFH to use to begin the intervention, when able (see Appendix A). The guide binder includes a "how to" start-up guide and all start-up materials needed. The guide is for pantry employees to utilize and reference as they get started.

Start-up materials included: reproducible signage (nudges and extended nudges), recipe cards, and reproducible client handouts (see Appendices B-E). Nudges and extended nudges are signs for the shelves that suggest healthy options for pantry clients to select during their shopping experience. For example, an extended nudge would be displayed next to the bags of dried beans and the small sign would indicate the nutrient value of the food item. It may state information like "high in fiber," "good source of plant-based protein," or "rich in vitamins and minerals." Next to the canned goods, signs may state "look for low-sodium vegetables," or "look

for fruit packed in water instead of syrup.” A nudge would simply be a green “thumbs up” sign next to nutritious food choices. These signs will be removable and reusable and can be placed by frequently available items in the food pantry, such as bags of dried beans, brown rice, whole wheat bread, whole wheat noodles, and oatmeal. Feeding America has specific guidelines of “Foods to Encourage,” which will guide the foods selected for use of signs. Feeding America suggests foods like cereal, fruits, juice, meat/fish/poultry, non-meat protein, pasta, fresh produce, rice, and vegetables.<sup>3</sup> The goal of the signs is to help nudge participants to select more nutritious options.

Recipe cards were also created for SFH food pantry clients. The recipes target the nutritious food items that the pantry frequently carries. For example, one of the recipes utilizes dried beans, which are high in fiber and protein, since the pantry often has bags of dried beans. Other recipes include frequently available pantry items such as brown rice, oatmeal, canned beans, whole wheat pasta, whole grain bread, peanut butter, and canned chicken. Recipes for the frequently available foods will be hanging in pouches near the appropriate items to encourage further selection of nutrient-dense foods. The recipes are simple to read and implement and feature fewer than nine ingredients. The recipes also require minimal cooking equipment.

Reproducible client handouts were created for key nutrients, which include the nutrients on the food label. These nutrients are saturated fat, cholesterol, sodium, fiber, protein, vitamins A, C and D, calcium, iron, and potassium. Handouts will be available to clients while they are sitting in the waiting room prior to shopping at the pantry. Digitized and printed versions of the handouts will be available for the staff at SFH to utilize.



## STRENGTHS AND LIMITATIONS

Strengths of this project include the accessibility of implementation for the St. Francis House food pantry. The materials are easy to utilize, are simple to understand, and can be used for various foods throughout the pantry. There is minimal burden on the pantry staff or volunteers for their time to implement the nudge intervention. This project is believed to be the first of its kind in Alaska, and can provide a useful guideline for other food pantries to utilize. Limitations include the changes in the food pantry operation that have occurred due to COVID-19. This has resulted in pausing the client-choice model, and instead, putting together ready-to-grab food boxes for the SFH clients. The nudge intervention will be implemented when normal food pantry operations resume.

## CONCLUSIONS AND RECOMMENDATIONS

The literature has shown that nudges can positively impact the frequency of selection of nutritious foods.<sup>4</sup> The development of a nudge intervention program will be provided to the SFH food pantry for them to implement in the future. The simple recipes created utilizing frequent SFH foods and can be distributed to SFH food pantry clients both now and during the intervention program. The recipes have the potential to increase the selection and preparation of nutrient-dense foods that are available at the SFH food pantry, with the end goal of achieving a higher Healthy Eating Index score among food pantry users.

Recommendations include further research to determine the efficacy of nudge materials among food pantry clients at SFH, as well as research in other Alaska communities to determine whether location, demographic, or culture impacts the effectiveness of nudges.

## DIETETICS AND NUTRITION PRACTICE IMPLICATIONS

The project can be replicated easily in different food pantries statewide. If the materials are successful in nudging food pantry clients towards selecting more nutritious options, then the implementation of the nudge materials in other food pantries may increase the health of their clients. Effective use of the intervention has the potential to decrease nutrition-related chronic diseases.

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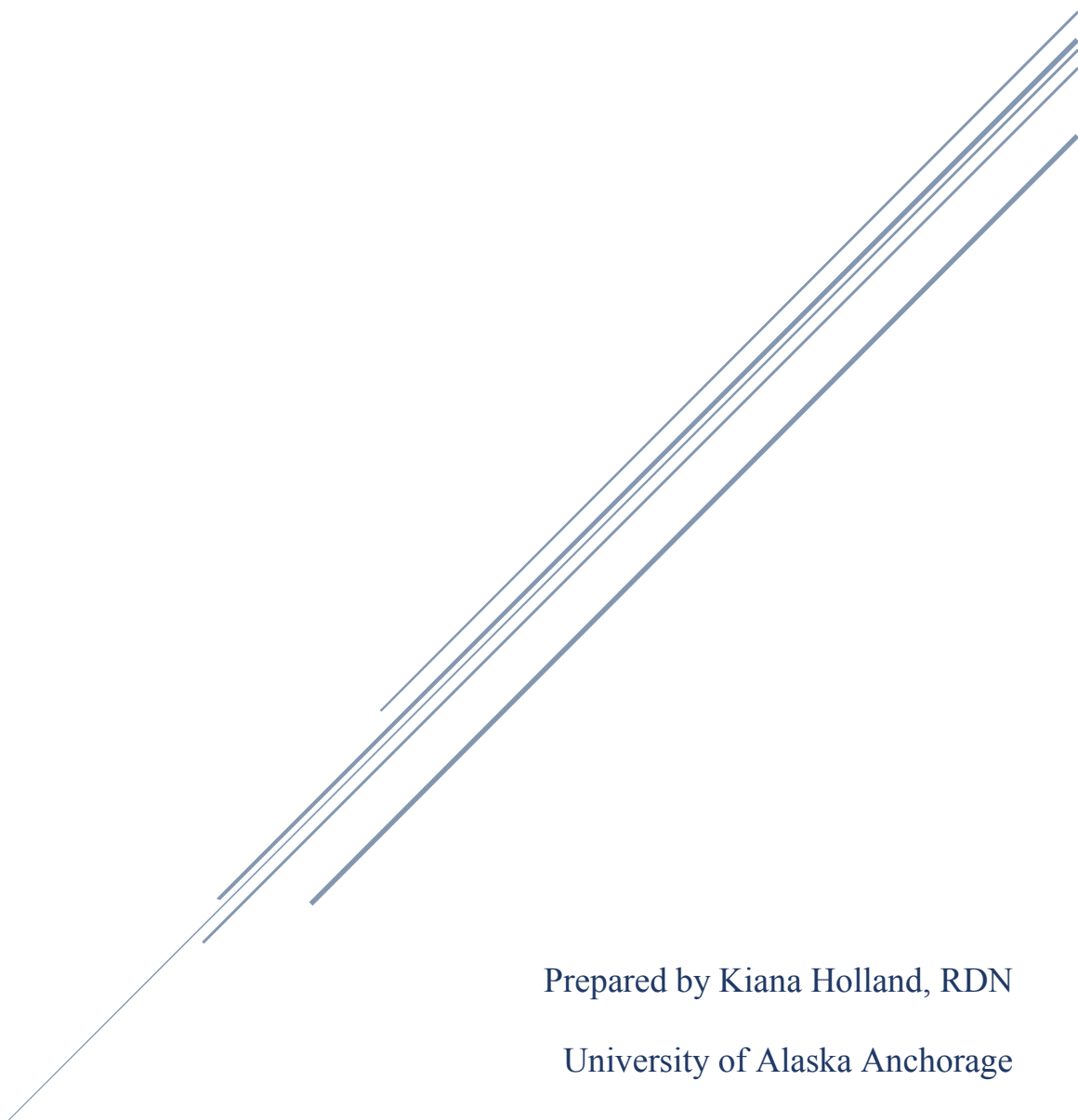
## APPENDICES

### Appendix A: Guide Book



# **Encouraging Nutritious Choices Through Nudges**

St. Francis House Food Pantry



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## IMPORTANCE OF NUTRITIOUS CHOICES

Food pantry clients face unique difficulties in acquiring, selecting, and preparing high nutritional value foods for themselves and their families.<sup>1</sup> This has implications for food security, as well as the health and nutritional status of food pantry clients. The goal of this project is to provide a nutrition intervention in the form of a nudge to increase the selection of nutritious foods by pantry clients, utilizing Feeding America's specific guidelines of "Foods to Encourage," which will guide the foods selected for the signs.

Feeding America describes a nudge as anything that creates "a subtle environmental change in a food distribution setting, designed to make a healthy choice the easy choice".<sup>3</sup> A healthy choice includes fruits, vegetables, whole grains, low-fat dairy, and lean proteins. Implementing a "nudge" can have a positive influence on the food pantry client's food selection towards healthier alternatives.<sup>5</sup> Nutrition education interventions can be an effective method to increase nutrition knowledge and to positively influence behaviors and attitudes surrounding healthful eating.<sup>5</sup> Subtle indirect suggestions and behavioral cues in the form of nudges can be a non-invasive, effective method of delivering nutrition education to food pantry clients while they are making decisions about what food to select at the pantry.<sup>6,7</sup>

Several types of nudges can be utilized to encourage the selection of healthier foods. The types of nudges that will be most practical for use at the SFH food pantry are the priming nudge and salience nudge, as suggested by the Feeding America study.<sup>7,8</sup> Priming nudges are subconscious cues that can be either physical, verbal, or sensational and are able to nudge toward a specific

choice.<sup>8</sup> Salience nudges are vivid examples and explanations that are utilized to bring attention to a specific choice, such as vivid text on a label.<sup>8</sup>

A previous research study on the SFH food pantry analyzed the nutrient quality of the foods provided by the food pantry, which included the nutrients found on the food label (total fat, calcium, several vitamins, fiber, total carbohydrate, protein, cholesterol, sodium, iron, saturated and trans-fat).<sup>1</sup> Results from this work revealed a statistically significant difference in the client's selection of nutrient-dense foods versus quantity of nutrient-dense foods that are available at the pantry. Food pantry clients chose fewer nutritious foods when compared to the ideal shoppers, who were trained in nutrition.<sup>1</sup> This indicates that nutritious options are available at the pantry, but clients aren't always choosing these options. These findings led the direction of this project. The SFH food pantry is interested in exploring a nutrition intervention that can impact the client's selection of nutritious foods.

The US Department of Health and Human Services and United States Department of Agriculture developed a tool to identify whether people are meeting the recommended Dietary Guidelines, called the Healthy Eating Index (HEI). The index is scored on a scale of 0-100, with a score of 100 indicating full compliance with the Dietary Guidelines for Americans, 2015-2020. Walch et al. (2018) determined that the average basket of food selected by clients from the SFH food pantry had an HEI score of 73, with low quantities of fruits, vegetables, and whole grain foods.<sup>1</sup> Each of these deficient food categories are nutritionally dense. The nutrient quality of foods selected by clients was also compared to the "healthiest" available options at the pantry. The

results showed that food pantry clients on average selected foods that were significantly lower in certain nutrients rather than the ideal options that were available.

Given this previous research at the SFH food pantry and beyond, this document provides a guide to implementing nudges at the SFH with the goal of increasing the food pantry clients' selection of more nutrient-dense options. This guidebook contains information about the nudge materials (shelf nudge, extended shelf nudge, recipe cards, and client handouts) and is intended for continued use by SFH pantry staff and clients.

## HOW TO GET STARTED

There will be five main components to implement in the pantry: shelf nudges, extended shelf nudges, recipe cards, and client handouts. We will discuss how to implement these components in the text below.

### **Objective 1: Shelf Nudges (Appendix A)**

The primary goal of the shelf nudge is to encourage the food pantry client to select the more nutritious option within each food category. For example, on the breakfast shelf, the nudge would encourage the selection of the bag of plain rolled oats instead of pop tarts, due to the higher nutrient profile in the oats. Each Shelf Nudge sign has a green Thumbs Up, with the correlating food listed.

Each Shelf Nudge will be laminated, with two-hole punches in the upper left and right corners. When the food item listed on the Shelf Nudge is available in the pantry, simply attach the Shelf Nudge with zip ties to the appropriate shelf.

Shelf Nudges are available for frequent foods found at SFH that are high in nutrients like fiber, vitamins, and minerals. This includes oats, dried beans, whole-grain pasta, brown rice, whole-grain bread, dairy, canned fruits, and canned vegetables. The Shelf Nudges will be available on the thumb drive, as well as physical copies.

### **Objective 2: Extended Shelf Nudge Handout (Appendix B)**

The Extended Shelf Nudge is designed to expand on why each food item is a nutritious choice. For example, the Extended Shelf Nudge for oats explains the importance of getting enough fiber, how oats are a great source of plant-based protein, and which vitamins and minerals are present in this food item.

These Extended Shelf Nudges will not be laminated, and will be on standard printer paper. Twenty different copies will be kept by each correlating food item in a clear pouch for food pantry clients to take as they are shopping, if they want more information about why the food is a nutritious choice. For example, the Extended Shelf Nudge for canned vegetables will be printed and hung on the shelf next to the canned vegetables. The Extended Shelf Nudges will be available on a thumb drive, as well as physical copies.

### **Objective 3: Client Handouts (Appendix C)**

Client Handouts contain detailed information about specific nutrients, including fiber, trans fat, saturated fat, sodium, protein, vitamin D, calcium, iron, potassium, vitamin A, vitamin C, and folate. The goal of the Client Handouts is to provide more in-depth information about each nutrient, such as why it is important, how much is needed, and what foods contain the nutrient.

Client Handouts can also be rotated on a monthly basis, which provides one year of materials. The Client Handouts can be on standard printer paper and can be available to SFH clients when they check in to the food pantry waiting room. The client can read the handout while they are waiting to shop, or they may choose to take it home. Client Handouts will be available on the thumb drive, as well as physical copies.

### **Objective 4: Recipe Guide and Cards (Appendix D)**

These 33 recipes utilize foods that are frequently found in the SFH: canned proteins, brown rice, oats, dried beans, and whole-grain pasta. The recipes require minimal kitchen equipment, feature fewer than 9 ingredients, and are quick to prepare. These recipes will be rotated each month to ensure variety. For example, one recipe from each category will be displayed January (5 total), another recipe from each category displayed in February, and so forth. This will provide 6 months of recipes.

As with the Extended Shelf Nudges, the recipes will be on standard printer paper and multiple copies will be placed in a clear pouch by the correlating food item. For example, copies of the Salmon Patties recipe will be displayed in a clear pouch next to the canned salmon. Clients may take a copy of the recipe home with them if they wish. The Recipe Cards will be available on the thumb drive, as well as physical copies.

## FOODS TO ENCOURAGE: Feeding America

The Detailed Foods to Encourage (F2E) framework was designed to more accurately evaluate and describe the nutritional contributions of the food categories in food banks' inventories. This framework below serves as the Feeding America national office recommendation, not requirement, for network food banks. Below are the qualifications required for the product categories to be listed within the Foods to Encourage.

### Fruits and Vegetables

- Fresh with nothing added
- 100% Fruit or Vegetable Juice
- Canned, Dried or Frozen with no partially hydrogenated oils that meet the criteria below:
  - **Sodium:**  $\leq 230\text{mg}$
  - **Total Sugar:** Fruit in lite syrup or 100% Juice or  $\leq 12\text{g}$
  - **Sat Fat:**  $\leq 2\text{g}$
  - **Trans Fat:**  $0\text{g}$

### Grains

- 100% whole grain (Rolled Oats, Barley, Wild Rice)
- Bread & Pasta with “whole grain” listed as the first ingredient & with:
  - $>10\%$  DV or  $\geq 2.5\text{g}$  fiber
- Cereal with “whole grain” listed as the first ingredient &  $>3\text{g}$  of dietary fiber
- Bread, Pasta & Cereal that meet the criteria below:
  - **Sodium:**  $\leq 230\text{mg}$
  - **Total Sugar:** Bread/Pasta  $\leq 0\text{g}$  Cereal  $\leq 12\text{g}$
  - **Sat Fat:**  $\leq 2\text{g}$
  - **Trans Fat:**  $0\text{g}$

### Protein

- Eggs
- Nuts, Seeds, Beans and Lentils with nothing added
- Beans, Meat, Poultry and Seafood that meet criteria below:
  - **Sodium:**  $\leq 480\text{mg}$
  - **Sat Fat:**  $\leq 2\text{g}$
  - **Trans Fat:**  $0\text{g}$
- Nuts/Seeds responding spreads that meet the criteria below:
  - **Sodium:**  $\leq 230\text{mg}$
  - **Total Sugar:**  $<4\text{g}$  per 2T/1oz
  - **Trans Fat:**  $0\text{g}$

### Dairy

- Unflavored/Unsweetened low-fat (1%), or skim/non-fat milk or yogurt
- Flavored skim/non-fat milk or yogurt
- Unsweetened milk substitutes (e.g., Soy)
- Cheese that meets the criteria below:



- **Sodium:**  $\leq 480$  mg
- **Sat Fat:**  $\leq 3$ g
- **Trans Fat:** 0g
- Flavored milk, milk substitutes and yogurt that meets the criteria below:
  - **Sodium:**  $\leq 480$  mg
  - **Total Sugar:**  $\leq 22$ g (milk)  $\leq 30$ g (yogurt)
  - **Sat Fat:**  $\leq 3$ g
  - **Trans Fat:** 0g

## APPENDIX A



## APPENDIX B



### W H O L E - G R A I N B R E A D

- Great source of fiber, which is good for heart health and can help regulate blood sugar
- Provides plant-based protein
- Rich in minerals like iron, magnesium, and selenium
- Contains vitamins like thiamin, riboflavin, niacin, and folate

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## BROWN RICE

- Rich in manganese and magnesium
- High in dietary fiber, which helps lower cholesterol and regulate blood sugar levels
- Good source of iron, zinc, phosphorus, and selenium
- Contains plant-based protein

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## DRIED BEANS

- Great source of plant-based protein
- High in dietary fiber, which aids digestion, heart health, and blood sugar control
- Contains potassium, copper, phosphorus, iron, manganese and magnesium
- Excellent source of thiamin, folic acid, riboflavin, and vitamin B6

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## WHOLE - GRAIN PASTA

- Whole grain pasta is a great choice compared to regular pasta
- Contains fiber, which will help keep you fuller for longer
- Contains plant-based protein and complex carbohydrates
- Rich in vitamins and minerals like iron, magnesium and zinc

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## OATS

- These are high in dietary fiber, which are great for heart health, blood sugar control, and digestion!
- Good source of plant-based protein
- Contains vitamins and minerals like manganese, phosphorous, selenium, iron, and zinc

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## DAIRY

- Great source of protein, which is the building block for bones, muscles, skin, and cartilage
- Provides calcium, which is good for bone health
- Enriched with Vitamin D, which is important for Alaskans
- Rich in vitamins and minerals like phosphorous, potassium, vitamin A, and vitamin B12

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## CANNED VEGETABLES

- Contains vitamins and minerals, like vitamin A and potassium
- Choose vegetables with "low sodium" or "no salt added" on the label
- Drain and rinse canned veggies to further reduce the sodium

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## CANNED FRUITS

- Contains vitamins and minerals, like vitamin A and potassium
- Choose fruits canned in juice or water, instead of lite or heavy syrup

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## APPENDIX C



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**Fill Up With Fiber****FILL UP WITH FIBER**

Most plant-based foods, for example:

- Pear, apple, banana, avocado
- Broccoli, brussels sprouts
- Lentils, black beans,
- Quinoa, oats, whole-grain bread



= 5 grams



1 cup =  
8 grams

**WHY IS FIBER IMPORTANT?**

- Fiber helps you feel more full
- Regulate cholesterol and blood sugar
- Helps regulate bowel movements
- Feeds "good" gut bacteria

**HOW MUCH DO I NEED?**

The average adult needs 25 - 38 grams of fiber daily.





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## Saturated Fat

### WHAT IS SATURATED FAT?

Saturated fat is a type of dietary fat. These fats are most often solid at room temperature. Saturated fat can raise HDL and LDL cholesterol levels in the body.



### WHY IS SATURATED FAT IMPORTANT?

- Helps with energy
- Helps protect organs and keep body warm
- Helps absorb fat-soluble vitamins
- Important to eat in small amounts, so it doesn't elevate cholesterol



### WHAT FOODS HAVE SATURATED FAT?

- Red meat (beef, lamb, pork)
- Chicken skin
- Whole-fat dairy products (milk, cream, cheese, butter)
- 1/2 c. of ice cream = 1/4 daily recommended intake of saturated fats



### HOW MUCH DO I NEED?

Saturated fat should consist of 10% or less of daily calories





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# Sodium



## WHAT IS SODIUM?

Sodium is a mineral that is found in foods like table salt, soy sauce, and processed foods. It is often consumed in excess, and can lead to things like heart disease



## WHY IS SODIUM IMPORTANT?

- Helps with nerve and muscle function
- Helps with fluid balance

However, it is important to consume in moderate quantities.



## WHAT FOODS HAVE SODIUM?

- Table salt
- Soy sauce
- Processed meats
- Frozen dinners
- Canned entrees
- Pizza
- Breads and rolls

One slice of pizza = 640 mg  
One slice of bread = 150 mg



## HOW MUCH DO I NEED?

Less than 2300 mg daily (less than 1 tsp salt!)





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# Protein



## WHAT IS PROTEIN?

Protein is made up of many amino acids and is the basic component of living cells. It is found throughout the body—in muscle, bone, skin, & hair.



## WHY IS PROTEIN IMPORTANT?

- Helps repair and build muscles
- It is a building block for bones, muscles, cartilage, skin, and blood
- Helps carry oxygen to blood



## WHAT FOODS HAVE PROTEIN?

- Beans
- Legumes
- Whole grains
- Nuts and seeds
- Chicken
- Red Meat
- Fish
- Tofu
- Edamame



1 cup beans  
= 15 grams



One egg =  
6 grams

## HOW MUCH DO I NEED?

The average adult  
needs 0.8 g/kg/day



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# Vitamin D

## WHAT IS VITAMIN D?

Vitamin D is a fat-soluble vitamin that is present in very few foods. It is often known as the "sunshine vitamin." Especially in Alaska, it is recommended to supplement vitamin D.



## WHY IS VITAMIN D IMPORTANT?

- Helps calcium and phosphate regulation
- Helps keep bones and teeth strong and healthy
- Lack of vitamin D can lead to rickets in children or osteomalacia in adults



## WHAT FOODS HAVE VITAMIN D?

- Very few foods in nature contain vitamin D.
- The flesh of fatty fish (such as salmon, tuna, and mackerel) and fish liver oils are among the best sources
- Fortified milk

## HOW MUCH DO I NEED?

The average adult needs 600 IU's of vitamin D daily



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# Calcium



## WHAT IS CALCIUM?

Calcium is the most abundant mineral in the body, and is extremely important for many different functions in the body.



## WHY IS CALCIUM IMPORTANT?

- Helps with blood clotting
- Helps with muscle contractions
- Essential for bone and teeth health - deficiencies can cause rickets or osteomalacia
- Regulates cardiovascular system



## WHAT FOODS HAVE CALCIUM?

- Dairy like milk, cheese, yogurt
- Dark leafy greens
- Fish with the bones, such as canned salmon
- Tofu
- Fortified soy milk



One cup of milk = 300 mg calcium

## HOW MUCH DO I NEED?

The average adult needs 1,000 mg daily.







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# Iron

### WHAT IS IRON?

Iron is a mineral that is an important component of hemoglobin. People can suffer from an iron deficiency (anemia) that can cause weakness and fatigue.



### WHY IS IRON IMPORTANT?

- Helps red blood cells transport oxygen to all of the tissues in the body
- Component of respiration and energy
- Important for proper immune function



### WHAT FOODS HAVE IRON?

- Red meat, pork and poultry
- Seafood
- Beans
- Dark green leafy vegetables, such as spinach
- Iron-fortified cereals, breads and pastas

One serving of ground beef = 2 mg of iron



### HOW MUCH DO I NEED?

The Recommended Dietary Allowance (RDA) for all age groups of men & postmenopausal women is 8 mg/day; the RDA for premenopausal women is 18 mg/day





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# Vitamin A

## WHAT IS VITAMIN A?

Vitamin A is a fat-soluble vitamin that is an essential micronutrient and functions in various body systems. Beta-carotene is a nutrient that can be converted to vitamin A in the body



## WHY IS VITAMIN A IMPORTANT?

- Important for proper vision
- Helps immune system function
- Keeps skin and tissues healthy



## WHAT FOODS HAVE VITAMIN A?

Sources of Vitamin A:

- Cheese
- Eggs
- Cod liver and other liver products
- Milk and yogurt

Sources of Beta-carotene:

- Carrots
- Spinach
- Mango, papaya

## HOW MUCH DO I NEED?

The Recommended Dietary Allowance (RDA) for men and women is 900 and 700 µg retinol activity equivalents (RAE)/day,



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# Potassium



## WHAT IS POTASSIUM?

Potassium is a mineral that is present in bodily tissues and is required for normal cell function. Deficiencies are very rare.



## WHY IS POTASSIUM IMPORTANT?

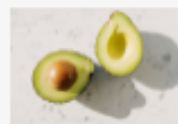
- Helps muscles contract
- Regulates fluid balance
- Regulates heartbeat
- Helps maintain healthy nervous system



## WHAT FOODS HAVE POTASSIUM?

Most plant-based foods, for example:

- Bananas
- Oranges
- Grapefruit
- Sweet potato
- Avocado
- Milk
- Spinach



## HOW MUCH DO I NEED?

Adequate intake of potassium for men is 3400 mg and for women is 2600 mg.





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## Vitamin C

### WHAT IS VITAMIN C?

Vitamin C is a water-soluble vitamin. It is an essential dietary component. It is required for the synthesis of collagen.



### WHY IS VITAMIN C IMPORTANT?

- Helps with immune function
- Essential for growth and repair (used to form a protein that helps heal skin, tendons, ligaments)
- Fights free radicals with antioxidant properties



### WHAT FOODS HAVE VITAMIN C?

- Broccoli, brussels sprouts
- Green and red peppers
- Spinach
- Sweet potatoes
- Oranges
- Strawberries
- Kiwi
- Tomato



1/2 cup = 116 mg of Vit C

### HOW MUCH DO I NEED?

The Recommended Daily Allowance (RDA) is 90 mg for men and 75 mg for women.



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# Folate



## WHAT IS FOLATE?

Folate is also known as Vitamin B9. This nutrient is essential during pregnancy to avoid birth defects of the brain and spine.



## WHY IS FOLATE IMPORTANT?

- Helps with DNA and RNA creation
- Metabolizes amino acids
- Important for red blood cell growth
- Important for healthy pregnancy



## WHAT FOODS HAVE FOLATE?

- Broccoli and brussels sprouts
- Leafy greens
- Peas
- Chickpeas
- Fortified cereals, breads, and pastas



1 slice of bread = 35 mcg

## HOW MUCH DO I NEED?

The average adult needs 400 mcg Dietary Folate Equivalents (DFE's)



## APPENDIX D

### RECIPE GUIDE: Recipes for Frequent SFH Food Pantry Items

#### **CANNED PROTEINS**

1. Chicken Salad
2. Salmon Patties
3. Chicken Tortilla Soup
4. Salmon Quinoa Salad
5. Tuna Tacos
6. Italian Tuna and Corn Salad

#### **BROWN RICE**

1. Basic Brown Rice
2. Mexican Rice
3. Fried Rice
4. Korean Beef and Rice Bowl
5. Carrot Brown Rice Pilaf
6. Brown Rice Hash with Poached Egg

#### **OATS**

1. Granola
2. Peanut Butter Bites
3. Overnight Oats
4. Banana Oat French Toast
5. Blueberry Crisp
6. Banana Oatmeal

#### **DRIED BEANS**

1. Dried Beans From Scratch
2. Bean and Corn Salsa
3. Black Bean Soup
4. Homemade Refried Beans
5. Great Northern Beans
6. Vegetable Navy Bean Soup

#### **WHOLE GRAIN PASTA**

1. Spaghetti Aglio e Olio
2. Chicken Noodle Soup
3. Canned Tuna Pasta
4. Pasta Pomodoro
5. Macaroni and Cheese
6. Chicken Carbonara Pasta

#### **MISCELLANEOUS**

1. Crustless Quiche
2. BBQ Hummus Tuna Sandwich
3. Potato Medallions

# SALMON PATTIES

---

PREP TIME

15 mins

SERVINGS

5

---

## INGREDIENTS

- 1 (14.75 ounce) can of salmon
- 1 egg
- 1/4 cup chopped onion or green onion
- 1/2 cup dry bread crumbs or crushed crackers
- 1 Tbsp olive oil

## INSTRUCTIONS

1. Drain and reserve liquid from salmon. Mix egg, onion, bread crumbs and salmon together.
2. Make into patties. If mixture is too dry to form into patties, add reserved liquid from salmon.
3. In a frying pan, heat olive oil. Place patties in pan. Brown on each side, turning gently. Drain on paper towels and serve.

Optional: Add in lemon juice, dill, garlic powder or other herbs/spices for more flavor

---



# SALMON QUINOA SALAD

---

PREP TIME

15 mins

SERVINGS

2

---

## INGREDIENTS

- 1 cup black or white quinoa
- 1 (14.5 ounce) canned salmon, drained
- 1/2 red onion, diced
- 1 cayenne chili, minced (or cayenne pepper)
- 4 cups baby spinach
- 2 Tbsp lemon juice
- 2 Tbsp extra-virgin olive oil
- pinch of coarse salt
- pinch of freshly ground pepper

## INSTRUCTIONS

1. Cook the quinoa in boiling water for about 15 minutes. Drain if needed and return to pot.
  2. Heat the oil in a medium skillet over medium-high. Add the onion and cayenne chili, and saute until softened and starting to brown (about 6 minutes).
  3. Add onion mixture to the pot with the quinoa, along with the salmon and spinach. Toss to combine. Add salt, pepper and lemon juice to taste.
- 





# CHICKEN TORTILLA SOUP

---

PREP TIME

15 mins

SERVINGS

8

---

## INGREDIENTS

- 1 (15 ounce) can black beans (drained and rinsed)
- 1 (15 ounce) can pinto beans (drained and rinsed)
- 1 (14.5 ounce) can diced tomatoes (drained)
- 1 (15 ounce) can sweet corn (drained)
- 1 (12.5 ounce) can chicken breast (drained)
- 1 (10 ounce) can green enchilada sauce
- 1 (14 ounce) can chicken broth
- 1 (1.25 ounce) packet taco seasoning
- 1 tsp each of chili powder, garlic, cumin

## INSTRUCTIONS

1. Add all ingredients to large stock pot. Bring to a boil, then reduce heat to low.
2. Simmer for 30 minutes.

Optional toppings:

- shredded cheddar cheese
  - sour cream
  - diced avocados
  - tortilla chips
- 



# CHICKEN SALAD

---

PREP TIME  
10 mins

SERVINGS  
6

---

## INGREDIENTS

- 1 (12.5 ounce) canned chicken
- 1/4 cup mayonnaise or greek yogurt
- Salt, pepper, garlic powder, herbs
- Whole wheat bread, tortilla, or crackers

## INSTRUCTIONS

1. Mix chicken and mayonnaise together in bowl, and add spices to taste.
2. Serve with whole wheat bread, tortillas, or crackers.

Optional:

- Add dried or fresh herbs
  - Add chopped nuts, apples, grapes, peppers or celery
  - Serve over a bed of lettuce
- 



# TUNA TACOS

---

PREP TIME  
5 minutes

SERVINGS  
4

---

## INGREDIENTS

- 1/4 cup mayonnaise or greek yogurt
- 1 tsp lemon (or lime juice, preferably fresh-squeezed)
- 1/4 cup chopped scallion
- 1 tsp oil
- 1 (8 ounce) can of tuna (well drained)
- 4 tortillas of choice
- Avocado (optional)

## INSTRUCTIONS

1. Mix together the mayonnaise, scallion and lemon or lime juice and set aside.
  2. Heat oil in a small pan and saute the tuna, stirring often, until tuna is heated through and very slightly browned, then take pan off the heat.
  3. Heat a griddle over high heat and place the tortillas on it, heat the tortillas, turning once or twice in the process, until warmed.
  4. Place 1/4 of the tuna mixture onto each tortilla, then top each with greens, scallion crema and avocado!
- 



# ITALIAN TUNA AND CORN SALAD

---

PREP TIME  
15 minutes

SERVINGS  
4

---

## INGREDIENTS

- 3 cups salad greens
- 1 cup cherry tomatoes, halved
- 1 can corn
- 1/2 cup canned Albacore tuna drained
- 4oz fresh mozzarella sliced (can sub other cheeses)
- 2 Tbsp extra virgin olive oil
- 2 tsp balsamic vinegar
- 2-3 leaves fresh basil or 1/2 tsp dried (optional)
- salt to taste

## INSTRUCTIONS

1. In a large bowl toss together salad greens and tomatoes.
  2. Top with corn, tuna and sliced mozzarella.
  3. Drizzle with olive oil, balsamic vinegar and a pinch of salt. Add sliced fresh basil leaves, toss gently and serve.
- 



# BROWN RICE RECIPE

---

PREP TIME  
25 mins

SERVINGS  
8

---

## INGREDIENTS

- 1 cup brown rice (short, medium or long grain brown rice will work, as long as it's not a quick-cooking variety)
- 6 cups water
- Salt, soy sauce or other desired seasonings, to taste

## INSTRUCTIONS

1. Bring a large pot of water to boil, using at least 6 cups water per 1 cup rice. Rinse the rice in a fine mesh colander under running water to remove excess starch.
  2. Add the rice to the boiling water. Reduce the temperature as necessary to prevent overflow, but maintain a steady boil. Boil, uncovered, for 30 minutes.
  3. Drain off the remaining cooking water and return the rice to the pot. Cover the pot and let the rice rest, off the heat, for 10 minutes. Fluff, season as desired, and serve.
- 



# MEXICAN RICE

---

PREP TIME  
10 mins

SERVINGS  
2-4

---

## INGREDIENTS

- 1 cup rice
- 2 cups chicken broth
- 1 can enchilada sauce (10 oz.)
- Salt, pepper

## INSTRUCTIONS

1. In a large skillet or saucepan add the rice chicken broth and enchilada sauce. Bring to a boil over medium high heat, stir well, cover the pot, then turn down the heat to a medium.
2. Cook for about 10 to 15 minutes, or until the rice is cooked. Season with salt and pepper.

Optional:

- Add toppings like green onion, cilantro, or tomatoes
- 



# FRIED RICE

---

PREP TIME  
10 mins

SERVINGS  
4

---

## INGREDIENTS

- 1 Tbsp sesame or peanut oil
- 6 ounces frozen peas
- 6 ounces frozen carrots
- 5 green onions, chopped
- 2 eggs
- 2 cups cooked and cooled rice
- 3 tablespoons soy sauce

## INSTRUCTIONS

1. Heat oil in a large skillet. When oil is hot, add frozen vegetables and cook for 2-3 minutes. Add chopped green onions and sauté for one minute. Add rice and cook until warmed through.
2. Set veggies aside, break both eggs into pan and scramble about 3 minutes until cooked.
3. Combine with the veggies and rice. Stir in the soy sauce. Serve & enjoy.

Optional: Add in canned chicken (when you add rice) for extra protein.

---





# KOREAN BEEF AND RICE BOWL

---

PREP TIME  
15 mins

SERVINGS  
4

---

## INGREDIENTS

- 1 pound lean ground beef
- 3 garlic cloves, minced
- 1/4 cup packed brown sugar
- 1/4 cup soy sauce (or reduced-sodium)
- 2 tsp sesame oil
- 1/4 tsp ground ginger
- 1/4 tsp crushed red pepper flakes
- 2-2/3 cups hot cooked brown rice
- 3 green onions, thinly sliced

## INSTRUCTIONS

1. In a large skillet, cook beef and garlic over medium heat 6-8 minutes or until beef is no longer pink, breaking up beef into crumbles.
  2. Meanwhile, in a small bowl, mix brown sugar, soy sauce, oil and seasonings. Stir sauce into beef; heat through. Serve with rice. Sprinkle with green onions.
- 





# CARROT BROWN RICE PILAF

---

PREP TIME  
15 mins

SERVINGS  
4

---

## INGREDIENTS

- 1 large onion, finely chopped
- 2 medium carrots, shredded
- 1 Tbsp butter
- 1 cup uncooked brown rice
- 2-1/2 cups vegetable stock
- 1 tsp dried parsley flakes
- 1/4 tsp salt
- 1/8 tsp pepper

## INSTRUCTIONS

1. In a large saucepan, saute onion and carrots in butter until tender. Add rice; cook and stir for 3-4 minutes or until rice is lightly browned. Stir in the stock, parsley, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 40-45 minutes or until rice is tender. Fluff with a fork.

Optional: Serve with chicken. Add in other fresh or frozen veggies as desired.

---



# BROWN RICE HASH WITH POACHED EGG

---

PREP TIME

30 mins

SERVINGS

4

---

## INGREDIENTS

- 2 Tbsp olive oil
- 1 pound sliced baby portobello mushrooms (or 2 [8 ounce] cans mushrooms)
- 1/2 cup chopped onion
- 1 cup cooked brown rice
- 1 large carrot, grated
- 2 green onions, thinly sliced
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp caraway seeds (optional)
- 4 large eggs, cold

## INSTRUCTIONS

1. In a large skillet, heat oil over medium-high heat; saute mushrooms until lightly browned, 5-7 minutes. Add onion; cook 1 minute. Add rice and carrot; cook and stir until vegetables are tender. Stir in green onions, salt, pepper and caraway seeds; heat through.
  2. Meanwhile, place 2-3 in. of water in a large saucepan or skillet with high sides. Bring to a boil, then reduce heat to low. Break cold eggs into a small bowl; holding bowl close to surface of water, slip egg into water. Cook, uncovered, until whites are set and yolks begin to thicken, 3-5 minutes. Lift eggs out of water. Serve over rice mixture.
- 



# GRANOLA

---

PREP TIME  
15 mins

SERVINGS  
10

---

## INGREDIENTS

- 4 cups rolled oats
- 1 1/2 cup any nuts or seeds (such as a mix of pecans and pepitas)
- 3/4 tsp salt
- 1/2 tsp cinnamon
- 1/2 cup melted coconut oil (avocado oil, almond oil, or olive oil will work)
- 1/2 cup maple syrup or honey
- 1 tsp vanilla
- 2/3 cup dried fruit

## INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit.
  2. Mix together dry ingredients in a large bowl.
  3. Mix together wet ingredients in a separate bowl.
  4. Slowly add wet ingredients to dry ingredients, mixing well.
  5. Pour granola mixture onto baking sheet, and spread evenly across pan.
  6. Bake for 21-24 minutes, and let cool.
  7. After granola is cooled, add optional ingredients like dried fruit, coconut, or chocolate chips.
- 



# PEANUT BUTTER BITES

---

PREP TIME  
5 mins

SERVINGS  
8 - 10

---

## INGREDIENTS

- 1/2 cup peanut butter
- 1/3 cup honey
- 1/2 tsp vanilla extract
- 1 cup rolled oats

## INSTRUCTIONS

1. Mix together peanut butter, honey, and vanilla until smooth.
2. Add in oats, and mix until combined.
3. Refrigerate for 1 hour, and then roll into balls.
4. Store in refrigerator for up to 2 weeks.

Optional: You can add in other ingredients like coconut flakes, chocolate chips, nuts and seeds, and more!

---



# OVERNIGHT OATS

---

PREP TIME  
5 mins

SERVINGS  
1

---

## INGREDIENTS

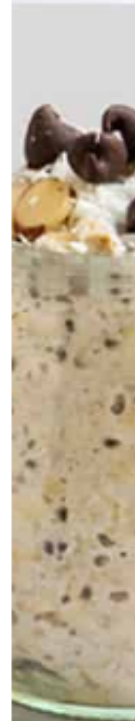
- 1 cup rolled oats
- 1 1/2 cup liquid (water, milk, almond milk, powdered milk, etc.)
- 1-2 tsp sweetener (maple syrup, honey, sugar)
- Fruit (frozen, fresh, dried)
- Nuts, nut butter, or seeds

## INSTRUCTIONS

1. Mix together all ingredients in a mason jar or glass container.
2. Store in refrigerator overnight.
3. Enjoy cold, or microwave in the morning for a quick, healthy breakfast.

This recipe is very flexible and you can use whatever items you have on hand!

---



# BANANA OAT FRENCH TOAST

---

PREP TIME

10 mins

SERVINGS

1

---

## INGREDIENTS

- 1/2 medium-sized ripe banana, mashed
- 1/4 cup milk
- 1 Tbsp nut butter (optional)
- 1 tsp maple syrup (or other liquid sweetener)
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 1 slice of whole wheat bread, cubed
- 1/4 cup quick-cooking or rolled oats

## INSTRUCTIONS

1. Preheat oven to 375F and lightly grease an individually-sized oven-safe dish. Set aside.
  2. Combine banana, milk, nut butter, maple syrup, cinnamon, and vanilla extract in a large bowl. Mix well.
  3. Pour bread cubes into the mixture and use a fork to lightly press down so that they absorb most of the liquid.
  4. Add oats and gently stir until everything is evenly incorporated.
  5. If the mix seems too dry, add a splash of extra milk. Transfer mixture to your prepared dish, adding a few slices of banana on top if desired.
  6. Bake for 20 minutes, until the bake has set and the top has turned golden brown.
- 





# BLUEBERRY CRISP

---

PREP TIME

10 mins

SERVINGS

8

---

## INGREDIENTS

- 1 cup rolled oats
- 1 cup pecan halves (about 3/4 cup chopped)
- 1/3 cup flour
- 1/2 cup flaked coconut (unsweetened, preferably!)
- 1/4 tsp salt
- 1/4 tsp cinnamon
- 1/4 cup + 2 Tbsp olive oil
- 1/3 cup maple syrup or honey
- 4 cups blueberries (fresh or frozen)

## INSTRUCTIONS

1. Preheat the oven to 350 degrees. Chop the pecans. Combine the oats, pecans, almond meal, coconut, salt, and cinnamon in a large bowl. Add the olive oil and maple syrup and stir until well mixed.
  2. Grease a square baking dish (8×8 or 9×9) and arrange the blueberries in the bottom. Top with the oat mixture. Bake for 25–35 minutes or until the top is golden brown and has firmed up slightly.
- 



# BANANA OATMEAL

---

PREP TIME  
5 mins

SERVINGS  
2

---

## INGREDIENTS

- 1 cup rolled oats
- 2 cup milk, water, or nut milk
- 1 medium banana, mashed
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- pinch of salt

## INSTRUCTIONS

1. Combine all ingredients into a small saucepan and turn heat to medium/high.
  2. Bring to a boil. Then, turn heat down to low/medium and continually stir for around 3-5 minutes as the oatmeal cooks and thickens.
  3. Once oatmeal is at desired consistency, remove from heat and serve. Top with nuts if desired.
- 





# DRIED BEANS FROM SCRATCH

**PREP TIME**  
5 mins

**COOK TIME**  
45 - 180 minutes

**SERVINGS**  
8 - 10

## INGREDIENTS

- 1 pound of any of the following dried beans: cannellini, great northern, black, pinto, chickpeas
- Water
- 4 tsp salt
- Optional:
  - Bay leaf
  - Garlic
  - Spices (chili powder, cumin, smoked paprika)
  - Herbs (parsley, thyme, rosemary)

## INSTRUCTIONS

1. Soak beans on countertop overnight.
2. Drain the water, rinse beans.
3. Place beans in large pot. Fill with water three inches above beans.
4. Bring to a boil, then reduce to a simmer.
5. Season with salt and any spice or herb you have on hand.
6. Cook times vary depending on the bean.

**Small beans** (black beans, black-eyed peas and navy beans): 45 to 90 minutes

**Medium beans** (Great Northern, kidney, pinto, garbanzo beans): 60 to 120 minutes

**Large beans** (large Lima, Cannellini beans, butter beans): 80 to 180 minutes



# BEAN & CORN SALSA

---

PREP TIME  
5 mins

SERVINGS  
6

---

## INGREDIENTS

- 1 (15.25 ounce) can black beans, drained & rinsed (or 2 cups cooked from dry beans)
- 1 (15.25 ounce) can corn, drained & rinsed
- 1 (15.25 ounce) jar of salsa
- Whole wheat tortillas or chips

## INSTRUCTIONS

1. Mix black beans, corn, and salsa together in bowl.
2. Serve with tortilla or chips

Optional:

- Serve over a bed of lettuce, and crunch a few chips on top
  - Use as enchilada filling
  - Add veggies or herbs like cilantro, avocado or peppers
- 



# BLACK BEAN SOUP

---

PREP TIME

15 mins

SERVINGS

6

---

## INGREDIENTS

- 1 pound dried black beans
- 1 medium onion, finely chopped
- 1 medium bell pepper, finely chopped
- 3 cloves garlic, minced
- 1 can chipotle in adobo (may substitute 1 tsp chili powder, or 1 tsp smoked paprika)
- 1/2 cup olive oil
- 2 tsp salt and freshly ground black pepper
- 3 tbsp distilled white or apple cider vinegar

## INSTRUCTIONS

1. Soak beans overnight. Drain the beans and add water to an inch above the beans. Add onion, pepper, garlic, chipotle in adobo, and olive oil. Stir to combine.
  2. Bring to a boil, then reduce heat and simmer with a lid, until beans are soft and creamy (about 4-5 hours).
  3. When soup is nearly done, add in salt, pepper, and vinegar and simmer uncovered another 15 minutes.
  4. Serve over rice, or with cilantro, onions, or sour cream.
- 



# HOMEMADE REFRIED BEANS

---

PREP TIME

15 mins

SERVINGS

6

---

## INGREDIENTS

- 1 pound dry pinto beans
- 1 large onion, quartered
- 2 Tbsp oil
- 3 cloves garlic, minced
- 1-2 tsp salt
- 3/4 tsp ground cumin
- 1/2 tsp oregano

## INSTRUCTIONS

1. Rinse pinto beans in a colander. Add the beans to a large pot, cover with water and soak overnight.
  2. Drain soaked beans and return them to the pot. Add fresh water to cover the beans up to two inches above them. Add onion to the pot and a couple dashes of salt.
  3. Bring beans to a boil, cover and simmer for one hour, stirring occasionally until cooked.
  4. Drain the beans, removing the onion and reserving the bean broth water. In a large skillet, heat oil over medium heat.
  5. Add the garlic and stir. Add the beans, cumin, oregano and 1/4 cup of the bean broth.
  6. Cook, gently smashing the beans as they cook with a potato masher or fork.
- 



# GREAT NORTHERN BEANS

---

PREP TIME

15 mins

SERVINGS

4-6

---

## INGREDIENTS

- 1 pound dried Great Northern beans
- 1 1/2 quarts water
- 1 large onion, chopped
- 1 medium carrot, diced
- 1 large rib celery, diced
- 2 large bay leaves
- 2 whole cloves garlic
- 1 Tbsp celery flakes
- 2 to 3 sprigs fresh parsley
- 1/4 tsp freshly ground black pepper
- 2 to 3 tsp kosher salt, to taste

## INSTRUCTIONS

1. Rinse the beans well and pick them over.
  2. Transfer the beans to large stock pot. Add 1 1/2 quarts of water.
  3. Add the onion, carrot, celery, bay leaves, garlic, celery flakes, parsley sprigs, and freshly ground black pepper. Bring to a boil and then reduce heat to low. Simmer for 4 hours or until beans are soft and creamy. Add salt to taste when beans are almost done.
  4. Serve the beans over steamed or boiled rice; use them in salads, chili, stew, or soup!
- 



# VEGETARIAN NAVY BEAN SOUP

PREP TIME

15 mins

SERVINGS

4-6

## INGREDIENTS

- 1 pound dried navy beans
- 1 Tbsp olive oil
- 1 large onion, peeled and chopped
- 3 carrots, peeled and sliced
- 4 celery stalks, sliced
- 1 bell pepper, seeded and chopped
- 6 cloves garlic, minced
- 1 Tbsp fresh thyme leaves or 1 tsp dried
- 1 Tbsp ground cumin
- 1/2-1 tsp crushed red pepper
- 2 bay leaves
- 10 cups vegetable broth
- 1/4 cup chopped Italian parsley or 3 tbsp dried

## INSTRUCTIONS

1. Place the dried beans in a large bowl and cover with 3 inches of water. Soak the dried beans overnight to soften.
2. Place a large stock pot over medium heat. Add the oil, onions, carrots, celery, bell pepper, and garlic. Sauté for 3-5 minutes to soften. Then add in the rest of the ingredients. Bring the soup to a boil. Lower the heat & simmer for an hour, covered, until the beans are soft. Uncover and stir, then place the lid back on top. Once the beans are soft and silky, remove the bay leaves and serve.





# SPAGHETTI AGLIO E OLIO

---

PREP TIME  
20 mins

SERVINGS  
4-6

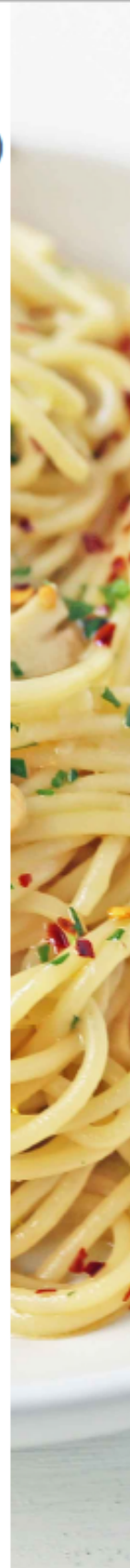
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## INGREDIENTS

- 1 pound whole grain spaghetti (or other pasta)
- 3 cloves garlic, minced
- 1/2 cup extra-virgin olive oil
- Pinch red pepper flakes
- 2 tsp parsley
- 1 tsp Salt
- 1/2 lemon, zested, optional
- Grated Parmigiano-Reggiano, optional

## INSTRUCTIONS

1. Bring a large pot of water to a boil over high heat. Add pasta and cook until al dente (about 8 minutes).
  2. While pasta is cooking, saute 1 tsp salt, garlic, olive oil, red pepper flakes over low heat until garlic is golden.
  3. Drain pasta, reserving 1/4 cup pasta water. Add pasta and reserved water to the pan with the garlic mixture.
  4. Mix well. Add in parsley, and the optional lemon zest and Parmigiano-Reggiano.
- 



# CANNED TUNA PASTA

---

PREP TIME

15 mins

SERVINGS

2

---

## INGREDIENTS

- 2 Tbsp olive oil
- 2 large cloves garlic minced
- 1 (5 ounce) can tuna, drained
- 1 tsp lemon juice
- 1 Tbsp fresh parsley or 1 tsp dried
- Salt & pepper to taste
- 4 ounces uncooked whole grain spaghetti (or other pasta)

## INSTRUCTIONS

1. Boil a salted pot of water for your pasta and cook it al dente according to package directions. Prep your other ingredients while it cooks.
  2. When the pasta is close to being ready, add the oil to a small pan over medium heat. Once the oil is hot, add the garlic and cook it for 30 seconds.
  3. Stir in the tuna, lemon juice, and parsley. Let it heat through.
  4. Once the pasta is done, add some of the pasta water (a couple tablespoons) to the sauce and then drain the pasta and toss with the sauce. Season with salt & pepper as needed.
- Optional: serve pasta with freshly grated parmesan cheese and lemon zest.
- 





# CHICKEN NOODLE SOUP

---

PREP TIME

5 mins

COOK TIME

15 minutes

---

## INGREDIENTS

- 2 Tbsp butter
- 1 medium onion chopped
- 1 cup chopped carrots
- 1 cup chopped celery
- 8 cups cartons chicken broth
- 1 (13 ounce) can chicken breast
- 2 tsp dried basil
- 1 tsp dried oregano
- 1 cup whole grain noodles (of any variety)

## INSTRUCTIONS

1. Melt the butter in a large pot over medium high heat. Add onions, carrots and celery and sauté for 5-6 minutes, or until onions are translucent.
  2. Add chicken broth, chicken, basil and oregano and bring to a boil. Add noodles and cook for 6 minutes or until noodles are soft.
  3. Taste the broth and add salt and pepper as needed.
- 



# PASTA POMODORO

---

## PREP TIME

15 mins

## SERVINGS

4 servings

---

## INGREDIENTS

- 1 lb. whole-grain spaghetti (or other pasta)
- 2 Tbsp extra-virgin olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 4 medium tomatoes, chopped (or 2 cans, diced)
- Salt and pepper, to taste
- Pinch crushed red pepper flakes
- 2 Tbsp thinly sliced basil or 2 tsp dried, plus more for garnish
- Freshly grated Parmesan, for garnish

## INSTRUCTIONS

1. In a large pot of boiling salted water, cook pasta according to package directions. Reserve  $\frac{1}{2}$  cup of pasta water, then drain.
  2. In another large pot over medium heat, heat oil. Add onion and cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more.
  3. Add tomatoes and cook until juices are released. Season with salt, pepper, and a pinch red pepper flakes. Reduce heat and let simmer for 15 minutes. Stir in basil.
  4. Add spaghetti and  $\frac{1}{4}$  cup pasta water. Toss to combine. Add more pasta water to bring sauce together as needed. Garnish with more basil and Parmesan before serving.
- 



# MACARONI AND CHEESE

---

PREP TIME  
15 mins

SERVINGS  
6 servings

---

## INGREDIENTS

- 1 lb whole-grain macaroni noodles (or other pasta)
- 4 Tbsp butter
- 1 /4 cup all-purpose flour
- 2 cups milk, at room temp
- 2 cup shredded cheese (such as Havarti and Cheddar, other varieties will also work)
- Salt and pepper, to taste
- generous scoops of Pesto (optional)

## INSTRUCTIONS

1. Bring a large pot of salted water to a boil. Add the pasta and cook until al dente, according to the package directions. Drain the pasta and set aside.
  2. In a large pot, melt the butter over medium heat. Reduce the heat to low and whisk in the flour to create a paste. Add the milk and whisk until smooth. Increase the heat to medium and continue whisking until the sauce starts to thicken, about 2 minutes. Stir in the shredded cheese and salt, and continue stirring until the cheese is melted and the sauce is smooth.
  3. Add the pasta, stir to combine, and cook just until the pasta is warmed through. Season to taste. Stir in the peas, if using, and serve with generous dollops of pesto, and other desired toppings.
- 



# CHICKEN CARBONARA PASTA

---

## PREP TIME

15 mins

## SERVINGS

4 servings

---

## INGREDIENTS

- 12 oz. fettuccine (may substitute other pasta)
- 4 slices bacon
- 3 cloves garlic, minced
- 1/2 lb. chicken breasts, cut into strips (or 1-12.5 ounce can of chicken)
- Salt and pepper, to taste
- 3/4 cup freshly grated Parmesan
- 1/3 cup freshly chopped parsley or 2 tsp dried parsley

## INSTRUCTIONS

1. In a large pot of salted boiling water, cook pasta until al dente. Drain, reserving 1/2 cup pasta water, and return to pot.
  2. Meanwhile, in a large skillet over medium heat, cook bacon 5 minutes. Add garlic and cook until bacon is crispy, 2 to 3 minutes more. Transfer to a bowl and drain half the fat in skillet. Add chicken to skillet and increase heat to medium-high. Season generously with salt and pepper and cook, flipping halfway through, until no longer pink, 10 minutes.
  3. Reduce heat to low and return bacon to skillet. Toss, then add cooked pasta and toss until combined. In a small bowl, mix together Parmesan, and parsley and season with salt and pepper. Add mixture to pasta and toss until coated, then add a couple tablespoons pasta water until creamy.
- 



---

# CRUSTLESS QUICHE

---

PREP TIME  
25 mins

SERVINGS  
8

---

## INGREDIENTS

- 1 cup chopped onion
- 2 cup vegetables (may use fresh or canned tomatoes, grated carrots, canned mushrooms, spinach, anything you like!)
- 1 Tbsp oil
- 2/3 cup cooked breakfast sausage, ham, or bacon
- 5 large eggs
- 3 cups shredded cheese (any variety)
- Salt and pepper, to taste

## INSTRUCTIONS

1. In a large skillet, saute onion and vegetables in oil until tender. Add cooked meat; stir until the excess moisture is evaporated. Cool slightly.
  2. Beat eggs; add cheese and mix well. Stir in cooked mixture, salt and pepper; blend well.
  3. Spread evenly into a greased 9-in. pie plate or quiche dish.
  4. Bake at 350° for 40-45 minutes or until a knife inserted in center comes out clean.
- 





# BBQ HUMMUS TUNA SANDWICH

---

PREP TIME  
10 mins

SERVINGS  
1

---

## INGREDIENTS

- 1 (5 ounce) can tuna, drained
- 1/4 cup onion, diced + extra for topping
- 2 Tbsp garlic hummus
- 1 Tbsp bbq sauce
- Ground black pepper, to taste
- 2 slices whole grain bread, toasted
- 1/4 avocado, optional

## INSTRUCTIONS

1. In a small bowl, mix the tuna, red onion, hummus, bbq sauce and ground pepper.
  2. Toast bread and add tuna to both slices. Top with avocado slices and a few pieces of diced onion.
  3. Enjoy with a serving of fresh fruit or veggies on the side.
- 



# POTATO MEDALLIONS

---

PREP TIME  
10 mins

SERVINGS  
6

---

## INGREDIENTS

- 2 lb potatoes, cut into rounds
- 1 tsp each of oregano, thyme, paprika (may sub other spices)
- 3/4 tsp salt
- 1 tsp garlic powder
- 2 Tbsp olive oil

## INSTRUCTIONS

1. Preheat oven to 425 degrees Fahrenheit.
  2. Slice potatoes into rounds, and place in bowl. Drizzle oil over potatoes, and mix well.
  3. Mix spices in with potatoes. Spread potato slices evenly onto a baking sheet.
  4. Bake 30-35 minutes until golden brown.
- 



## APPENDIX D

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## Appendix B: Shelf Nudge



## Appendix C: Extended Shelf Nudges



## OATS

- These are high in dietary fiber, which are great for heart health, blood sugar control, and digestion!
- Good source of plant-based protein
- Contains vitamins and minerals like manganese, phosphorous, selenium, iron, and zinc

**ST. FRANCIS HOUSE FOOD PANTRY**

University of Alaska Anchorage



## WHOLE - GRAIN PASTA

- Whole grain pasta is a great choice compared to regular pasta
- Contains fiber, which will help keep you fuller for longer
- Contains plant-based protein and complex carbohydrates
- Rich in vitamins and minerals like iron, magnesium and zinc

**ST. FRANCIS HOUSE FOOD PANTRY**

University of Alaska Anchorage



## DRIED BEANS

- Great source of plant-based protein
- High in dietary fiber, which aids digestion, heart health, and blood sugar control
- Contains potassium, copper, phosphorus, iron, manganese and magnesium
- Excellent source of thiamin, folic acid, riboflavin, and vitamin B6

**ST. FRANCIS HOUSE FOOD PANTRY**

University of Alaska Anchorage



## BROWN RICE

- Rich in manganese and magnesium
- High in dietary fiber, which helps lower cholesterol and regulate blood sugar levels
- Good source of iron, zinc, phosphorus, and selenium
- Contains plant-based protein

**ST. FRANCIS HOUSE FOOD PANTRY**

University of Alaska Anchorage



## WHOLE - GRAIN BREAD

- Great source of fiber, which is good for heart health and can help regulate blood sugar
- Provides plant-based protein
- Rich in minerals like iron, magnesium, and selenium
- Contains vitamins like thiamin, riboflavin, niacin, and folate

**ST. FRANCIS HOUSE FOOD PANTRY**

University of Alaska Anchorage





## DAIRY

- Great source of protein, which is the building block for bones, muscles, skin, and cartilage
- Provides calcium, which is good for bone health
- Enriched with Vitamin D, which is important for Alaskans
- Rich in vitamins and minerals like phosphorous, potassium, vitamin A, and vitamin B12

**ST. FRANCIS HOUSE FOOD PANTRY**

University of Alaska Anchorage



## CANNED FRUITS

- Contains vitamins and minerals, like vitamin A and potassium
- Choose fruits canned in juice or water, instead of lite or heavy syrup

**ST. FRANCIS HOUSE FOOD PANTRY**

University of Alaska Anchorage



## CANNED VEGETABLES

- Contains vitamins and minerals, like vitamin A and potassium
- Choose vegetables with "low sodium" or "no salt added" on the label
- Drain and rinse canned veggies to further reduce the sodium

**ST. FRANCIS HOUSE FOOD PANTRY**

University of Alaska Anchorage

## Appendix D: Client Handouts



ST. FRANCIS HOUSE

## Fill Up With Fiber



### FILL UP WITH FIBER

Most plant-based foods, for example:

- Pear, apple, banana, avocado
- Broccoli, brussels sprouts
- Lentils, black beans,
- Quinoa, oats, whole-grain bread



= 5 grams



1 cup =  
8 grams



### WHY IS FIBER IMPORTANT?

- Fiber helps you feel more full
- Regulate cholesterol and blood sugar
- Helps regulate bowel movements
- Feeds "good" gut bacteria

### HOW MUCH DO I NEED?

The average adult needs 25 - 38 grams of fiber daily.





ST. FRANCIS HOUSE

## Saturated Fat

### WHAT IS SATURATED FAT?

Saturated fat is a type of dietary fat. These fats are most often solid at room temperature. Saturated fat can raise HDL and LDL cholesterol levels in the body.



### WHY IS SATURATED FAT IMPORTANT?

- Helps with energy
- Helps protect organs and keep body warm
- Helps absorb fat-soluble vitamins
- Important to eat in small amounts, so it doesn't elevate cholesterol



### WHAT FOODS HAVE SATURATED FAT?

- Red meat (beef, lamb, pork)
- Chicken skin
- Whole-fat dairy products (milk, cream, cheese, butter)
- 1/2 c. of ice cream = 1/4 daily recommended intake of saturated fats



### HOW MUCH DO I NEED?

Saturated fat should consist of 10% or less of daily calories





ST. FRANCIS HOUSE

# Sodium



## WHAT IS SODIUM?

Sodium is a mineral that is found in foods like table salt, soy sauce, and processed foods. It is often consumed in excess, and can lead to things like heart disease



## WHY IS SODIUM IMPORTANT?

- Helps with nerve and muscle function
- Helps with fluid balance

However, it is important to consume in moderate quantities.



## WHAT FOODS HAVE SODIUM?

- Table salt
- Soy sauce
- Processed meats
- Frozen dinners
- Canned entrees
- Pizza
- Breads and rolls

One slice of pizza = 640 mg  
One slice of bread = 150 mg



## HOW MUCH DO I NEED?

Less than 2300 mg daily (less than 1 tsp salt!)





ST. FRANCIS HOUSE

# Protein



## WHAT IS PROTEIN?

Protein is made up of many amino acids and is the basic component of living cells. It is found throughout the body—in muscle, bone, skin, & hair.



## WHY IS PROTEIN IMPORTANT?

- Helps repair and build muscles
- It is a building block for bones, muscles, cartilage, skin, and blood
- Helps carry oxygen to blood



## WHAT FOODS HAVE PROTEIN?

- Beans
- Legumes
- Whole grains
- Nuts and seeds
- Chicken
- Red Meat
- Fish
- Tofu
- Edamame



1 cup beans  
= 15 grams



One egg =  
6 grams

## HOW MUCH DO I NEED?

The average adult  
needs 0.8 g/kg/day





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# Vitamin D

## WHAT IS VITAMIN D?

Vitamin D is a fat-soluble vitamin that is present in very few foods. It is often known as the "sunshine vitamin." Especially in Alaska, it is recommended to supplement vitamin D.



## WHAT FOODS HAVE VITAMIN D?

- Very few foods in nature contain vitamin D.
- The flesh of fatty fish (such as salmon, tuna, and mackerel) and fish liver oils are among the best sources
- Fortified milk

## WHY IS VITAMIN D IMPORTANT?

- Helps calcium and phosphate regulation
- Helps keep bones and teeth strong and healthy
- Lack of vitamin D can lead to rickets in children or osteomalacia in adults



## HOW MUCH DO I NEED?

The average adult needs 600 IU's of vitamin D daily



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# Calcium

## WHAT IS CALCIUM?

Calcium is the most abundant mineral in the body, and is extremely important for many different functions in the body.



## WHY IS CALCIUM IMPORTANT?

- Helps with blood clotting
- Helps with muscle contractions
- Essential for bone and teeth health - deficiencies can cause rickets or osteomalacia
- Regulates cardiovascular system



## WHAT FOODS HAVE CALCIUM?

- Dairy like milk, cheese, yogurt
- Dark leafy greens
- Fish with the bones, such as canned salmon
- Tofu
- Fortified soy milk



One cup of milk = 300 mg calcium

## HOW MUCH DO I NEED?

The average adult needs 1,000 mg daily.





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# Iron

### WHAT IS IRON?

Iron is a mineral that is an important component of hemoglobin. People can suffer from an iron deficiency (anemia) that can cause weakness and fatigue.



### WHY IS IRON IMPORTANT?

- Helps red blood cells transport oxygen to all of the tissues in the body
- Component of respiration and energy
- Important for proper immune function



### WHAT FOODS HAVE IRON?

- Red meat, pork and poultry
- Seafood
- Beans
- Dark green leafy vegetables, such as spinach
- Iron-fortified cereals, breads and pastas

One serving of ground beef = 2 mg of iron



### HOW MUCH DO I NEED?

The Recommended Dietary Allowance (RDA) for all age groups of men & postmenopausal women is 8 mg/day; the RDA for premenopausal women is 18 mg/day





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# Vitamin A

## WHAT IS VITAMIN A?

Vitamin A is a fat-soluble vitamin that is an essential micronutrient and functions in various body systems. Beta-carotene is a nutrient that can be converted to vitamin A in the body



## WHY IS VITAMIN A IMPORTANT?

- Important for proper vision
- Helps immune system function
- Keeps skin and tissues healthy



## WHAT FOODS HAVE VITAMIN A?

Sources of Vitamin A:

- Cheese
- Eggs
- Cod liver and other liver products
- Milk and yogurt

Sources of Beta-carotene:

- Carrots
- Spinach
- Mango, papaya

## HOW MUCH DO I NEED?

The Recommended Dietary Allowance (RDA) for men and women is 900 and 700 µg retinol activity equivalents (RAE)/day,



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# Potassium



## WHAT IS POTASSIUM?

Potassium is a mineral that is present in bodily tissues and is required for normal cell function. Deficiencies are very rare.



## WHY IS POTASSIUM IMPORTANT?

- Helps muscles contract
- Regulates fluid balance
- Regulates heartbeat
- Helps maintain healthy nervous system



## WHAT FOODS HAVE POTASSIUM?

Most plant-based foods, for example:

- Bananas
- Oranges
- Grapefruit
- Sweet potato
- Avocado
- Milk
- Spinach



## HOW MUCH DO I NEED?

Adequate intake of potassium for men is 3400 mg and for women is 2600 mg.





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## Vitamin C

### WHAT IS VITAMIN C?

Vitamin C is a water-soluble vitamin. It is an essential dietary component. It is required for the synthesis of collagen.



### WHY IS VITAMIN C IMPORTANT?

- Helps with immune function
- Essential for growth and repair (used to form a protein that helps heal skin, tendons, ligaments)
- Fights free radicals with antioxidant properties



### WHAT FOODS HAVE VITAMIN C?

- Broccoli, brussels sprouts
- Green and red peppers
- Spinach
- Sweet potatoes
- Oranges
- Strawberries
- Kiwi
- Tomato



1/2 cup = 116 mg of Vit C

### HOW MUCH DO I NEED?

The Recommended Daily Allowance (RDA) is 90 mg for men and 75 mg for women.



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# Folate



## WHAT IS FOLATE?

Folate is also known as Vitamin B9. This nutrient is essential during pregnancy to avoid birth defects of the brain and spine.



## WHY IS FOLATE IMPORTANT?

- Helps with DNA and RNA creation
- Metabolizes amino acids
- Important for red blood cell growth
- Important for healthy pregnancy



## WHAT FOODS HAVE FOLATE?

- Broccoli and brussels sprouts
- Leafy greens
- Peas
- Chickpeas
- Fortified cereals, breads, and pastas



1 slice of bread = 35 mcg

## HOW MUCH DO I NEED?

The average adult needs 400 mcg Dietary Folate Equivalents (DFE's)



## Appendix E: Recipe Guide and Recipe Cards



## RECIPE GUIDE: Recipes for Frequent SFH Food Pantry Items

### **CANNED PROTEINS**

1. Chicken Salad
2. Salmon Patties
3. Chicken Tortilla Soup
4. Salmon Quinoa Salad
5. Tuna Tacos
6. Italian Tuna and Corn Salad

### **BROWN RICE**

1. Basic Brown Rice
2. Mexican Rice
3. Fried Rice
4. Korean Beef and Rice Bowl
5. Carrot Brown Rice Pilaf
6. Brown Rice Hash with Poached Egg

### **OATS**

1. Granola
2. Peanut Butter Bites
3. Overnight Oats
4. Banana Oat French Toast
5. Blueberry Crisp
6. Banana Oatmeal

### **DRIED BEANS**

1. Dried Beans From Scratch
2. Bean and Corn Salsa
3. Black Bean Soup
4. Homemade Refried Beans
5. Great Northern Beans
6. Vegetable Navy Bean Soup

### **WHOLE GRAIN PASTA**

1. Spaghetti Aglio e Olio
2. Chicken Noodle Soup
3. Canned Tuna Pasta
4. Pasta Pomodoro
5. Macaroni and Cheese
6. Chicken Carbonara Pasta

## **MISCELLANEOUS**

1. Crustless Quiche
2. BBQ Hummus Tuna Sandwich
3. Potato Medallions

# SALMON PATTIES

---

PREP TIME  
15 mins

SERVINGS  
5

---

## INGREDIENTS

- 1 (14.75 ounce) can of salmon
- 1 egg
- 1/4 cup chopped onion or green onion
- 1/2 cup dry bread crumbs or crushed crackers
- 1 Tbsp olive oil

## INSTRUCTIONS

1. Drain and reserve liquid from salmon. Mix egg, onion, bread crumbs and salmon together.
2. Make into patties. If mixture is too dry to form into patties, add reserved liquid from salmon.
3. In a frying pan, heat olive oil. Place patties in pan. Brown on each side, turning gently. Drain on paper towels and serve.

Optional: Add in lemon juice, dill, garlic powder or other herbs/spices for more flavor

---



# SALMON QUINOA SALAD

---

PREP TIME

15 mins

SERVINGS

2

---

## INGREDIENTS

- 1 cup black or white quinoa
- 1 (14.5 ounce) canned salmon, drained
- 1/2 red onion, diced
- 1 cayenne chili, minced (or cayenne pepper)
- 4 cups baby spinach
- 2 Tbsp lemon juice
- 2 Tbsp extra-virgin olive oil
- pinch of coarse salt
- pinch of freshly ground pepper

## INSTRUCTIONS

1. Cook the quinoa in boiling water for about 15 minutes. Drain if needed and return to pot.
  2. Heat the oil in a medium skillet over medium-high. Add the onion and cayenne chili, and saute until softened and starting to brown (about 6 minutes).
  3. Add onion mixture to the pot with the quinoa, along with the salmon and spinach. Toss to combine. Add salt, pepper and lemon juice to taste.
- 



# CHICKEN TORTILLA SOUP

---

PREP TIME

15 mins

SERVINGS

8

---

## INGREDIENTS

- 1 (15 ounce) can black beans (drained and rinsed)
- 1 (15 ounce) can pinto beans (drained and rinsed)
- 1 (14.5 ounce) can diced tomatoes (drained)
- 1 (15 ounce) can sweet corn (drained)
- 1 (12.5 ounce) can chicken breast (drained)
- 1 (10 ounce) can green enchilada sauce
- 1 (14 ounce) can chicken broth
- 1 (1.25 ounce) packet taco seasoning
- 1 tsp each of chili powder, garlic, cumin

## INSTRUCTIONS

1. Add all ingredients to large stock pot. Bring to a boil, then reduce heat to low.
2. Simmer for 30 minutes.

Optional toppings:

- shredded cheddar cheese
  - sour cream
  - diced avocados
  - tortilla chips
- 



# CHICKEN SALAD

---

PREP TIME

10 mins

SERVINGS

6

---

## INGREDIENTS

- 1 (12.5 ounce) canned chicken
- 1/4 cup mayonnaise or greek yogurt
- Salt, pepper, garlic powder, herbs
- Whole wheat bread, tortilla, or crackers

## INSTRUCTIONS

1. Mix chicken and mayonnaise together in bowl, and add spices to taste.
2. Serve with whole wheat bread, tortillas, or crackers.

Optional:

- Add dried or fresh herbs
  - Add chopped nuts, apples, grapes, peppers or celery
  - Serve over a bed of lettuce
- 



# TUNA TACOS

---

PREP TIME  
5 minutes

SERVINGS  
4

---

## INGREDIENTS

- 1/4 cup mayonnaise or greek yogurt
- 1 tsp lemon (or lime juice, preferably fresh-squeezed)
- 1/4 cup chopped scallion
- 1 tsp oil
- 1 (8 ounce) can of tuna (well drained)
- 4 tortillas of choice
- Avocado (optional)

## INSTRUCTIONS

1. Mix together the mayonnaise, scallion and lemon or lime juice and set aside.
  2. Heat oil in a small pan and saute the tuna, stirring often, until tuna is heated through and very slightly browned, then take pan off the heat.
  3. Heat a griddle over high heat and place the tortillas on it, heat the tortillas, turning once or twice in the process, until warmed.
  4. Place  $\frac{1}{4}$  of the tuna mixture onto each tortilla, then top each with greens, scallion crema and avocado!
- 



# ITALIAN TUNA AND CORN SALAD

---

PREP TIME  
15 minutes

SERVINGS  
4

---

## INGREDIENTS

- 3 cups salad greens
- 1 cup cherry tomatoes, halved
- 1 can corn
- 1/2 cup canned Albacore tuna drained
- 4oz fresh mozzarella sliced (can sub other cheeses)
- 2 Tbsp extra virgin olive oil
- 2 tsp balsamic vinegar
- 2-3 leaves fresh basil or 1/2 tsp dried (optional)
- salt to taste

## INSTRUCTIONS

1. In a large bowl toss together salad greens and tomatoes.
  2. Top with corn, tuna and sliced mozzarella.
  3. Drizzle with olive oil, balsamic vinegar and a pinch of salt. Add sliced fresh basil leaves, toss gently and serve.
- 





# BROWN RICE RECIPE

---

PREP TIME  
25 mins

SERVINGS  
8

---

## INGREDIENTS

- 1 cup brown rice (short, medium or long grain brown rice will work, as long as it's not a quick-cooking variety)
- 6 cups water
- Salt, soy sauce or other desired seasonings, to taste

## INSTRUCTIONS

1. Bring a large pot of water to boil, using at least 6 cups water per 1 cup rice. Rinse the rice in a fine mesh colander under running water to remove excess starch.
  2. Add the rice to the boiling water. Reduce the temperature as necessary to prevent overflow, but maintain a steady boil. Boil, uncovered, for 30 minutes.
  3. Drain off the remaining cooking water and return the rice to the pot. Cover the pot and let the rice rest, off the heat, for 10 minutes. Fluff, season as desired, and serve.
- 



# MEXICAN RICE

---

PREP TIME  
10 mins

SERVINGS  
2-4

---

## INGREDIENTS

- 1 cup rice
- 2 cups chicken broth
- 1 can enchilada sauce (10 oz.)
- Salt, pepper

## INSTRUCTIONS

1. In a large skillet or saucepan add the rice chicken broth and enchilada sauce. Bring to a boil over medium high heat, stir well, cover the pot, then turn down the heat to a medium.
2. Cook for about 10 to 15 minutes, or until the rice is cooked. Season with salt and pepper.

Optional:

- Add toppings like green onion, cilantro, or tomatoes
- 



# FRIED RICE

---

PREP TIME

10 mins

SERVINGS

4

---

## INGREDIENTS

- 1 Tbsp sesame or peanut oil
- 6 ounces frozen peas
- 6 ounces frozen carrots
- 5 green onions, chopped
- 2 eggs
- 2 cups cooked and cooled rice
- 3 tablespoons soy sauce

## INSTRUCTIONS

1. Heat oil in a large skillet. When oil is hot, add frozen vegetables and cook for 2-3 minutes. Add chopped green onions and sauté for one minute. Add rice and cook until warmed through.
2. Set veggies aside, break both eggs into pan and scramble about 3 minutes until cooked.
3. Combine with the veggies and rice. Stir in the soy sauce. Serve & enjoy.

Optional: Add in canned chicken (when you add rice) for extra protein.

---



# KOREAN BEEF AND RICE BOWL

---

PREP TIME  
15 mins

SERVINGS  
4

---

## INGREDIENTS

- 1 pound lean ground beef
- 3 garlic cloves, minced
- 1/4 cup packed brown sugar
- 1/4 cup soy sauce (or reduced-sodium)
- 2 tsp sesame oil
- 1/4 tsp ground ginger
- 1/4 tsp crushed red pepper flakes
- 2-2/3 cups hot cooked brown rice
- 3 green onions, thinly sliced

## INSTRUCTIONS

1. In a large skillet, cook beef and garlic over medium heat 6-8 minutes or until beef is no longer pink, breaking up beef into crumbles.
  2. Meanwhile, in a small bowl, mix brown sugar, soy sauce, oil and seasonings. Stir sauce into beef; heat through. Serve with rice. Sprinkle with green onions.
- 



# CARROT BROWN RICE PILAF

---

PREP TIME

15 mins

SERVINGS

4

---

## INGREDIENTS

- 1 large onion, finely chopped
- 2 medium carrots, shredded
- 1 Tbsp butter
- 1 cup uncooked brown rice
- 2-1/2 cups vegetable stock
- 1 tsp dried parsley flakes
- 1/4 tsp salt
- 1/8 tsp pepper

## INSTRUCTIONS

1. In a large saucepan, saute onion and carrots in butter until tender. Add rice; cook and stir for 3-4 minutes or until rice is lightly browned. Stir in the stock, parsley, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 40-45 minutes or until rice is tender. Fluff with a fork.

Optional: Serve with chicken. Add in other fresh or frozen veggies as desired.

---



# BROWN RICE HASH WITH POACHED EGG

---

PREP TIME  
30 mins

SERVINGS  
4

---

## INGREDIENTS

- 2 Tbsp olive oil
- 1 pound sliced baby portobello mushrooms (or 2 [8 ounce] cans mushrooms)
- 1/2 cup chopped onion
- 1 cup cooked brown rice
- 1 large carrot, grated
- 2 green onions, thinly sliced
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp caraway seeds (optional)
- 4 large eggs, cold

## INSTRUCTIONS

1. In a large skillet, heat oil over medium-high heat; saute mushrooms until lightly browned, 5-7 minutes. Add onion; cook 1 minute. Add rice and carrot; cook and stir until vegetables are tender. Stir in green onions, salt, pepper and caraway seeds; heat through.
  2. Meanwhile, place 2-3 in. of water in a large saucepan or skillet with high sides. Bring to a boil, then reduce heat to low. Break cold eggs into a small bowl; holding bowl close to surface of water, slip egg into water. Cook, uncovered, until whites are set and yolks begin to thicken, 3-5 minutes. Lift eggs out of water. Serve over rice mixture.
- 





# GRANOLA

---

PREP TIME  
15 mins

SERVINGS  
10

---

## INGREDIENTS

- 4 cups rolled oats
- 1 1/2 cup any nuts or seeds (such as a mix of pecans and pepitas)
- 3/4 tsp salt
- 1/2 tsp cinnamon
- 1/2 cup melted coconut oil (avocado oil, almond oil, or olive oil will work)
- 1/2 cup maple syrup or honey
- 1 tsp vanilla
- 2/3 cup dried fruit

## INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit.
  2. Mix together dry ingredients in a large bowl.
  3. Mix together wet ingredients in a separate bowl.
  4. Slowly add wet ingredients to dry ingredients, mixing well.
  5. Pour granola mixture onto baking sheet, and spread evenly across pan.
  6. Bake for 21-24 minutes, and let cool.
  7. After granola is cooled, add optional ingredients like dried fruit, coconut, or chocolate chips.
- 



# PEANUT BUTTER BITES

---

PREP TIME  
5 mins

SERVINGS  
8 - 10

---

## INGREDIENTS

- 1/2 cup peanut butter
- 1/3 cup honey
- 1/2 tsp vanilla extract
- 1 cup rolled oats

## INSTRUCTIONS

1. Mix together peanut butter, honey, and vanilla until smooth.
2. Add in oats, and mix until combined.
3. Refrigerate for 1 hour, and then roll into balls.
4. Store in refrigerator for up to 2 weeks.

Optional: You can add in other ingredients like coconut flakes, chocolate chips, nuts and seeds, and more!

---





# OVERNIGHT OATS

---

PREP TIME

5 mins

SERVINGS

1

---

## INGREDIENTS

- 1 cup rolled oats
- 1 1/2 cup liquid (water, milk, almond milk, powdered milk, etc.)
- 1-2 tsp sweetener (maple syrup, honey, sugar)
- Fruit (frozen, fresh, dried)
- Nuts, nut butter, or seeds

## INSTRUCTIONS

1. Mix together all ingredients in a mason jar or glass container.
2. Store in refrigerator overnight.
3. Enjoy cold, or microwave in the morning for a quick, healthy breakfast.

This recipe is very flexible and you can use whatever items you have on hand!

---



# BANANA OAT FRENCH TOAST

---

PREP TIME

10 mins

SERVINGS

1

---

## INGREDIENTS

- 1/2 medium-sized ripe banana, mashed
- 1/4 cup milk
- 1 Tbsp nut butter (optional)
- 1 tsp maple syrup (or other liquid sweetener)
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 1 slice of whole wheat bread, cubed
- 1/4 cup quick-cooking or rolled oats

## INSTRUCTIONS

1. Preheat oven to 375F and lightly grease an individually-sized oven-safe dish. Set aside.
  2. Combine banana, milk, nut butter, maple syrup, cinnamon, and vanilla extract in a large bowl. Mix well.
  3. Pour bread cubes into the mixture and use a fork to lightly press down so that they absorb most of the liquid.
  4. Add oats and gently stir until everything is evenly incorporated.
  5. If the mix seems too dry, add a splash of extra milk. Transfer mixture to your prepared dish, adding a few slices of banana on top if desired.
  6. Bake for 20 minutes, until the bake has set and the top has turned golden brown.
- 



# BLUEBERRY CRISP

---

PREP TIME

10 mins

SERVINGS

8

---

## INGREDIENTS

- 1 cup rolled oats
- 1 cup pecan halves (about 3/4 cup chopped)
- 1/3 cup flour
- 1/2 cup flaked coconut (unsweetened, preferably!)
- 1/4 tsp salt
- 1/4 tsp cinnamon
- 1/4 cup + 2 Tbsp olive oil
- 1/3 cup maple syrup or honey
- 4 cups blueberries (fresh or frozen)

## INSTRUCTIONS

1. Preheat the oven to 350 degrees. Chop the pecans. Combine the oats, pecans, almond meal, coconut, salt, and cinnamon in a large bowl. Add the olive oil and maple syrup and stir until well mixed.
  2. Grease a square baking dish (8×8 or 9×9) and arrange the blueberries in the bottom. Top with the oat mixture. Bake for 25-35 minutes or until the top is golden brown and has firmed up slightly.
- 



# BANANA OATMEAL

---

PREP TIME  
5 mins

SERVINGS  
2

---

## INGREDIENTS

- 1 cup rolled oats
- 2 cup milk, water, or nut milk
- 1 medium banana, mashed
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- pinch of salt

## INSTRUCTIONS

1. Combine all ingredients into a small saucepan and turn heat to medium/high.
  2. Bring to a boil. Then, turn heat down to low/medium and continually stir for around 3-5 minutes as the oatmeal cooks and thickens.
  3. Once oatmeal is at desired consistency, remove from heat and serve. Top with nuts if desired.
- 



# DRIED BEANS FROM SCRATCH

**PREP TIME**  
5 mins

**COOK TIME**  
45 - 180 minutes

**SERVINGS**  
8 - 10

## INGREDIENTS

- 1 pound of any of the following dried beans: cannellini, great northern, black, pinto, chickpeas
- Water
- 4 tsp salt
- Optional:
  - Bay leaf
  - Garlic
  - Spices (chili powder, cumin, smoked paprika)
  - Herbs (parsley, thyme, rosemary)

## INSTRUCTIONS

1. Soak beans on countertop overnight.
2. Drain the water, rinse beans.
3. Place beans in large pot. Fill with water three inches above beans.
4. Bring to a boil, then reduce to a simmer.
5. Season with salt and any spice or herb you have on hand.
6. Cook times vary depending on the bean.

**Small beans** (black beans, black-eyed peas and navy beans): 45 to 90 minutes

**Medium beans** (Great Northern, kidney, pinto, garbanzo beans): 60 to 120 minutes

**Large beans** (large Lima, Cannellini beans, butter beans): 80 to 180 minutes



# BEAN & CORN SALSA

---

PREP TIME  
5 mins

SERVINGS  
6

---

## INGREDIENTS

- 1 (15.25 ounce) can black beans, drained & rinsed (or 2 cups cooked from dry beans)
- 1 (15.25 ounce) can corn, drained & rinsed
- 1 (15.25 ounce) jar of salsa
- Whole wheat tortillas or chips

## INSTRUCTIONS

1. Mix black beans, corn, and salsa together in bowl.
2. Serve with tortilla or chips

Optional:

- Serve over a bed of lettuce, and crunch a few chips on top
  - Use as enchilada filling
  - Add veggies or herbs like cilantro, avocado or peppers
- 





# BLACK BEAN SOUP

---

PREP TIME

15 mins

SERVINGS

6

---

## INGREDIENTS

- 1 pound dried black beans
- 1 medium onion, finely chopped
- 1 medium bell pepper, finely chopped
- 3 cloves garlic, minced
- 1 can chipotle in adobo (may substitute 1 tsp chili powder, or 1 tsp smoked paprika)
- 1/2 cup olive oil
- 2 tsp salt and freshly ground black pepper
- 3 tbsp distilled white or apple cider vinegar

## INSTRUCTIONS

1. Soak beans overnight. Drain the beans and add water to an inch above the beans. Add onion, pepper, garlic, chipotle in adobo, and olive oil. Stir to combine.
  2. Bring to a boil, then reduce heat and simmer with a lid, until beans are soft and creamy (about 4-5 hours).
  3. When soup is nearly done, add in salt, pepper, and vinegar and simmer uncovered another 15 minutes.
  4. Serve over rice, or with cilantro, onions, or sour cream.
- 



# HOMEMADE REFRIED BEANS

---

PREP TIME

15 mins

SERVINGS

6

---

## INGREDIENTS

- 1 pound dry pinto beans
- 1 large onion, quartered
- 2 Tbsp oil
- 3 cloves garlic, minced
- 1-2 tsp salt
- 3/4 tsp ground cumin
- 1/2 tsp oregano

## INSTRUCTIONS

1. Rinse pinto beans in a colander. Add the beans to a large pot, cover with water and soak overnight.
  2. Drain soaked beans and return them to the pot. Add fresh water to cover the beans up to two inches above them. Add onion to the pot and a couple dashes of salt.
  3. Bring beans to a boil, cover and simmer for one hour, stirring occasionally until cooked.
  4. Drain the beans, removing the onion and reserving the bean broth water. In a large skillet, heat oil over medium heat.
  5. Add the garlic and stir. Add the beans, cumin, oregano and 1/4 cup of the bean broth.
  6. Cook, gently smashing the beans as they cook with a potato masher or fork.
- 





# GREAT NORTHERN BEANS

---

PREP TIME

15 mins

SERVINGS

4-6

---

## INGREDIENTS

- 1 pound dried Great Northern beans
- 1 1/2 quarts water
- 1 large onion, chopped
- 1 medium carrot, diced
- 1 large rib celery, diced
- 2 large bay leaves
- 2 whole cloves garlic
- 1 Tbsp celery flakes
- 2 to 3 sprigs fresh parsley
- 1/4 tsp freshly ground black pepper
- 2 to 3 tsp kosher salt, to taste

## INSTRUCTIONS

1. Rinse the beans well and pick them over.
  2. Transfer the beans to large stock pot. Add 1 1/2 quarts of water.
  3. Add the onion, carrot, celery, bay leaves, garlic, celery flakes, parsley sprigs, and freshly ground black pepper. Bring to a boil and then reduce heat to low. Simmer for 4 hours or until beans are soft and creamy. Add salt to taste when beans are almost done.
  4. Serve the beans over steamed or boiled rice; use them in salads, chili, stew, or soup!
- 



# VEGETARIAN NAVY BEAN SOUP

PREP TIME

15 mins

SERVINGS

4-6

## INGREDIENTS

- 1 pound dried navy beans
- 1 Tbsp olive oil
- 1 large onion, peeled and chopped
- 3 carrots, peeled and sliced
- 4 celery stalks, sliced
- 1 bell pepper, seeded and chopped
- 6 cloves garlic, minced
- 1 Tbsp fresh thyme leaves or 1 tsp dried
- 1 Tbsp ground cumin
- 1/2-1 tsp crushed red pepper
- 2 bay leaves
- 10 cups vegetable broth
- 1/4 cup chopped Italian parsley or 3 tbsp dried

## INSTRUCTIONS

1. Place the dried beans in a large bowl and cover with 3 inches of water. Soak the dried beans overnight to soften.
2. Place a large stock pot over medium heat. Add the oil, onions, carrots, celery, bell pepper, and garlic. Sauté for 3-5 minutes to soften. Then add in the rest of the ingredients. Bring the soup to a boil. Lower the heat & simmer for an hour, covered, until the beans are soft. Uncover and stir, then place the lid back on top. Once the beans are soft and silky, remove the bay leaves and serve.



# SPAGHETTI AGLIO E OLIO

---

PREP TIME

20 mins

SERVINGS

4-6

---

## INGREDIENTS

- 1 pound whole grain spaghetti (or other pasta)
- 3 cloves garlic, minced
- 1/2 cup extra-virgin olive oil
- Pinch red pepper flakes
- 2 tsp parsley
- 1 tsp Salt
- 1/2 lemon, zested, optional
- Grated Parmigiano-Reggiano, optional

## INSTRUCTIONS

1. Bring a large pot of water to a boil over high heat. Add pasta and cook until al dente (about 8 minutes).
  2. While pasta is cooking, saute 1 tsp salt, garlic, olive oil, red pepper flakes over low heat until garlic is golden.
  3. Drain pasta, reserving 1/4 cup pasta water. Add pasta and reserved water to the pan with the garlic mixture.
  4. Mix well. Add in parsley, and the optional lemon zest and Parmigiano-Reggiano.
- 



# CANNED TUNA PASTA

---

PREP TIME

15 mins

SERVINGS

2

---

## INGREDIENTS

- 2 Tbsp olive oil
- 2 large cloves garlic minced
- 1 (5 ounce) can tuna, drained
- 1 tsp lemon juice
- 1 Tbsp fresh parsley or 1 tsp dried
- Salt & pepper to taste
- 4 ounces uncooked whole grain spaghetti (or other pasta)

## INSTRUCTIONS

1. Boil a salted pot of water for your pasta and cook it al dente according to package directions. Prep your other ingredients while it cooks.
  2. When the pasta is close to being ready, add the oil to a small pan over medium heat. Once the oil is hot, add the garlic and cook it for 30 seconds.
  3. Stir in the tuna, lemon juice, and parsley. Let it heat through.
  4. Once the pasta is done, add some of the pasta water (a couple tablespoons) to the sauce and then drain the pasta and toss with the sauce. Season with salt & pepper as needed.
- Optional: serve pasta with freshly grated parmesan cheese and lemon zest.
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# CHICKEN NOODLE SOUP

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## PREP TIME

5 mins

## COOK TIME

15 minutes

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## INGREDIENTS

- 2 Tbsp butter
- 1 medium onion chopped
- 1 cup chopped carrots
- 1 cup chopped celery
- 8 cups cartons chicken broth
- 1 (13 ounce) can chicken breast
- 2 tsp dried basil
- 1 tsp dried oregano
- 1 cup whole grain noodles (of any variety)

## INSTRUCTIONS

1. Melt the butter in a large pot over medium high heat. Add onions, carrots and celery and sauté for 5-6 minutes, or until onions are translucent.
  2. Add chicken broth, chicken, basil and oregano and bring to a boil. Add noodles and cook for 6 minutes or until noodles are soft.
  3. Taste the broth and add salt and pepper as needed.
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# PASTA POMODORO

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PREP TIME  
15 mins

SERVINGS  
4 servings

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## INGREDIENTS

- 1 lb. whole-grain spaghetti (or other pasta)
- 2 Tbsp extra-virgin olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 4 medium tomatoes, chopped (or 2 cans, diced)
- Salt and pepper, to taste
- Pinch crushed red pepper flakes
- 2 Tbsp thinly sliced basil or 2 tsp dried, plus more for garnish
- Freshly grated Parmesan, for garnish

## INSTRUCTIONS

1. In a large pot of boiling salted water, cook pasta according to package directions. Reserve  $\frac{1}{2}$  cup of pasta water, then drain.
  2. In another large pot over medium heat, heat oil. Add onion and cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more.
  3. Add tomatoes and cook until juices are released. Season with salt, pepper, and a pinch red pepper flakes. Reduce heat and let simmer for 15 minutes. Stir in basil.
  4. Add spaghetti and  $\frac{1}{4}$  cup pasta water. Toss to combine. Add more pasta water to bring sauce together as needed. Garnish with more basil and Parmesan before serving.
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# MACARONI AND CHEESE

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PREP TIME  
15 mins

SERVINGS  
6 servings

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## INGREDIENTS

- 1 lb whole-grain macaroni noodles (or other pasta)
- 4 Tbsp butter
- 1 /4 cup all-purpose flour
- 2 cups milk, at room temp
- 2 cup shredded cheese (such as Havarti and Cheddar, other varieties will also work)
- Salt and pepper, to taste
- generous scoops of Pesto (optional)

## INSTRUCTIONS

1. Bring a large pot of salted water to a boil. Add the pasta and cook until al dente, according to the package directions. Drain the pasta and set aside.
  2. In a large pot, melt the butter over medium heat. Reduce the heat to low and whisk in the flour to create a paste. Add the milk and whisk until smooth. Increase the heat to medium and continue whisking until the sauce starts to thicken, about 2 minutes. Stir in the shredded cheese and salt, and continue stirring until the cheese is melted and the sauce is smooth.
  3. Add the pasta, stir to combine, and cook just until the pasta is warmed through. Season to taste. Stir in the peas, if using, and serve with generous dollops of pesto, and other desired toppings.
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# CHICKEN CARBONARA PASTA

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PREP TIME  
15 mins

SERVINGS  
4 servings

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## INGREDIENTS

- 12 oz. fettuccine (may substitute other pasta)
- 4 slices bacon
- 3 cloves garlic, minced
- 1/2 lb. chicken breasts, cut into strips (or 1-12.5 ounce can of chicken)
- Salt and pepper, to taste
- 3/4 cup freshly grated Parmesan
- 1/3 cup freshly chopped parsley or 2 tsp dried parsley

## INSTRUCTIONS

1. In a large pot of salted boiling water, cook pasta until al dente. Drain, reserving 1/2 cup pasta water, and return to pot.
  2. Meanwhile, in a large skillet over medium heat, cook bacon 5 minutes. Add garlic and cook until bacon is crispy, 2 to 3 minutes more. Transfer to a bowl and drain half the fat in skillet. Add chicken to skillet and increase heat to medium-high. Season generously with salt and pepper and cook, flipping halfway through, until no longer pink, 10 minutes.
  3. Reduce heat to low and return bacon to skillet. Toss, then add cooked pasta and toss until combined. In a small bowl, mix together Parmesan, and parsley and season with salt and pepper. Add mixture to pasta and toss until coated, then add a couple tablespoons pasta water until creamy.
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# CRUSTLESS QUICHE

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PREP TIME  
25 mins

SERVINGS  
8

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## INGREDIENTS

- 1 cup chopped onion
- 2 cup vegetables (may use fresh or canned tomatoes, grated carrots, canned mushrooms, spinach, anything you like!)
- 1 Tbsp oil
- 2/3 cup cooked breakfast sausage, ham, or bacon
- 5 large eggs
- 3 cups shredded cheese (any variety)
- Salt and pepper, to taste

## INSTRUCTIONS

1. In a large skillet, saute onion and vegetables in oil until tender. Add cooked meat; stir until the excess moisture is evaporated. Cool slightly.
  2. Beat eggs; add cheese and mix well. Stir in cooked mixture, salt and pepper; blend well.
  3. Spread evenly into a greased 9-in. pie plate or quiche dish.
  4. Bake at 350° for 40-45 minutes or until a knife inserted in center comes out clean.
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# BBQ HUMMUS TUNA SANDWICH

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PREP TIME  
10 mins

SERVINGS  
1

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## INGREDIENTS

- 1 (5 ounce) can tuna, drained
- 1/4 cup onion, diced + extra for topping
- 2 Tbsp garlic hummus
- 1 Tbsp bbq sauce
- Ground black pepper, to taste
- 2 slices whole grain bread, toasted
- 1/4 avocado, optional

## INSTRUCTIONS

1. In a small bowl, mix the tuna, red onion, hummus, bbq sauce and ground pepper.
  2. Toast bread and add tuna to both slices. Top with avocado slices and a few pieces of diced onion.
  3. Enjoy with a serving of fresh fruit or veggies on the side.
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# POTATO MEDALLIONS

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PREP TIME  
10 mins

SERVINGS  
6

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## INGREDIENTS

- 2 lb potatoes, cut into rounds
- 1 tsp each of oregano, thyme, paprika (may sub other spices)
- 3/4 tsp salt
- 1 tsp garlic powder
- 2 Tbsp olive oil

## INSTRUCTIONS

1. Preheat oven to 425 degrees Fahrenheit.
  2. Slice potatoes into rounds, and place in bowl. Drizzle oil over potatoes, and mix well.
  3. Mix spices in with potatoes. Spread potato slices evenly onto a baking sheet.
  4. Bake 30-35 minutes until golden brown.
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